

14ER

STAIR CHALLENGE

Stair counts at CU Anschutz:

ED1, ED2N/S, SKAGGS

230 STAIRS
11.9 SETS TO ACHIEVE
MANITOU INCLINE
21.6 SETS TO ACHIEVE
GREY'S PEAK

RC-1S, RC-2

600 STAIRS
4.6 SETS TO ACHIEVE
MANITOU INCLINE
10 SETS TO ACHIEVE
GREY'S PEAK

AHSB

375 STAIRS
7.3 SETS TO ACHIEVE
MANITOU INCLINE
16 SETS TO ACHIEVE
GREY'S PEAK

RC-1N

450 STAIRS
6.1 SETS TO ACHIEVE
MANITOU INCLINE
13.3 SETS TO ACHIEVE
GREY'S PEAK

STRAUSS LIBRARY

120 STAIRS
22.9 SETS TO ACHIEVE
MANITOU INCLINE
50 SETS TO ACHIEVE
GREY'S PEAK



Office of Student
Health Promotion

UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS