

WALK 10k



May 8-14, 2023

Steps to Miles Conversion Chart

The following can be used for any participants who may not have access to a pedometer.
This information is approximate and is based on Shape Up America.

Steps	Minutes	Miles
500	5	1/4 mile
1,000	10	1/2 mile
1,500	15	3/4 mile
2,000	20	1 mile
2,500	25	1 1/4 miles
3,000	1/2 hour	1 1/2 miles
3,500	35	1 3/4 miles
4,000	40	2 miles
4,500	45	2 1/4 miles
5,000	50	2 1/2 miles
5,500	55	2 3/4 miles
6,000	1 hour	3 miles
6,500	65	3 1/4 miles
7,000	70	3 1/2 miles
7,500	75	3 3/4 miles
8,000	80	4 miles
8,500	85	4 1/4 miles
9,000	1 1/2 hours	4 1/2 miles
9,500	95	4 3/4 miles
10,000	1 hour 40 minutes	5 miles

