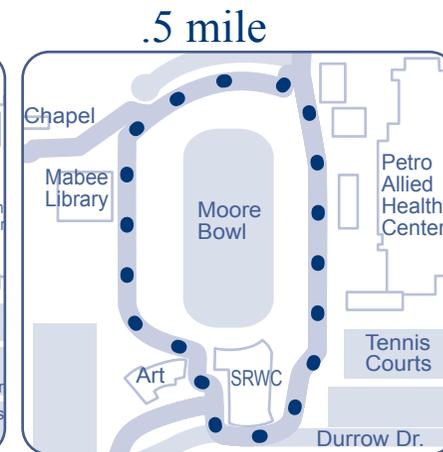
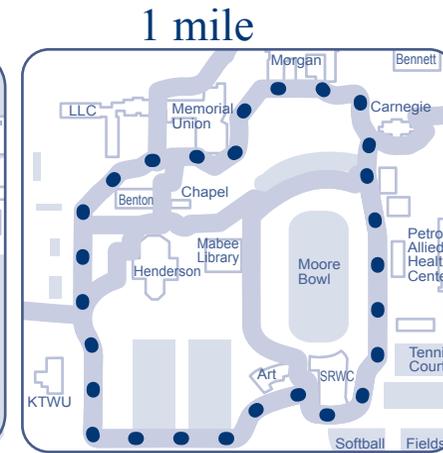
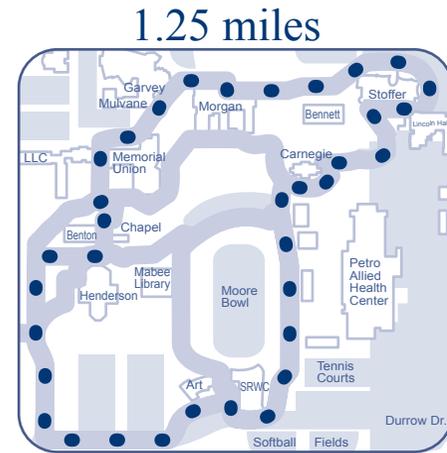
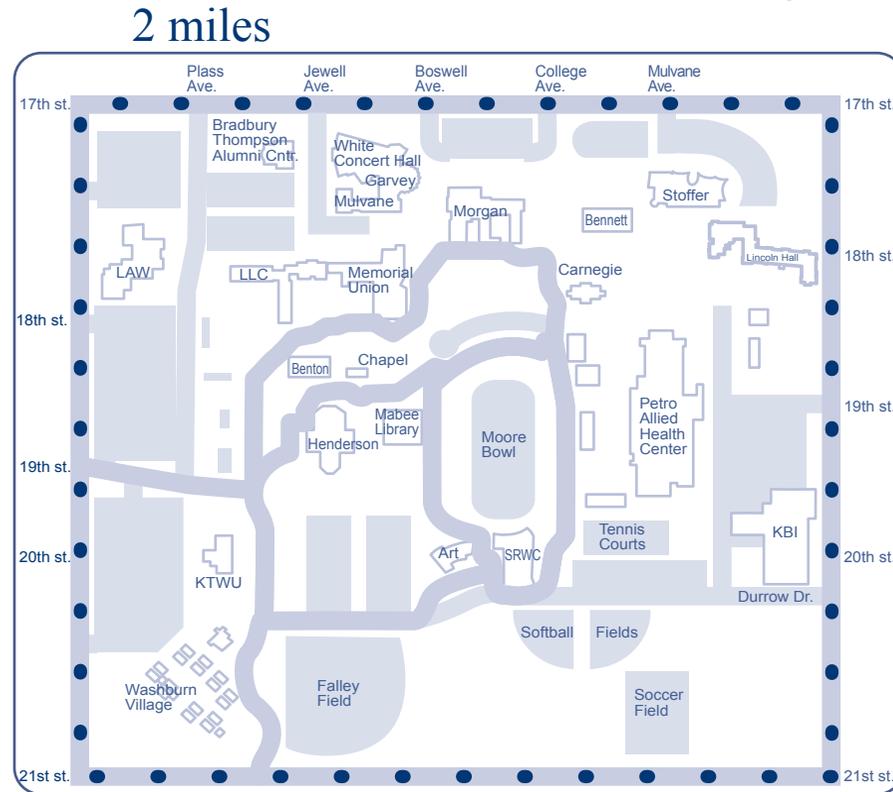


# Take a Walk around WU™...



milage is approximate

## Knowledge to Walk by...

- 1 mile = 2,000 – 2,500 steps
- The average step length for an adult is 2.5 feet
- Most adults walk 2 – 4 miles per hour.
- Most adults walk about 750 – 1,500 steps in 10 minutes.
- 10,000 steps/day indicates the point that should be used to classify individuals as “active”.
- One city block is about 200 steps.
- 10,000 steps are 4 – 5 miles.
- One flight of stairs averages 10 steps.
- The width of walking 10 extra parking spaces is about 50 steps.

Source: <http://www.calwic.org> & <http://www.cooperinst.org>

## Approximate step-to-mile equivalents:

Liam - male, 6'3"

Sophia - female, 5'4"

1/4 mi	1/2 mi	1 mi	1 1/2 mi	2 mi	3 mi
504 steps	884 steps	2,016 steps	2652 steps	4,032 steps	5,304 steps

## *Washburn University Campus Tour...*

1865 Lincoln College was granted permanent location when Topekan Col. John Ritchie donated a 160-acre site. 1868, the school was renamed Washburn College, in recognition of a \$25,000 pledge by Ichabod Washburn. 1872 construction on the first building began. 1903 the School of Law was organized, as was a School of Fine Arts and a medical school, which educated physicians until 1913. 1952 the Washburn Board of Regents officially changed the name of the school to Washburn University of Topeka.

On June 8th, 1966, Washburn University and the city of Topeka were struck by a category F5 tornado, the same size that struck Greensburg, KS. The tornado is the 6th costliest in the history of the United States and destroyed several Washburn buildings beyond repair. Today all buildings are built out of Kansas lime stone and designed to pay tribute to the original architecture of the campus.

Below the Memorial Union lawn and the lawn on the south side of Stoffer Hall are the remains of former Washburn buildings. During particularly hot summer, when the grass is dormant on the lawn, the outlines of these former buildings are revealed.

The Kuehne Bell Tower features a quartet of bells once housed in the clock tower of Thomas Gymnasium, which was destroyed during a 1966 tornado.

The Washburn Crest: the Washburn family coat of arms was adopted as the official school crest in 1917. The symbol has been traced to the 11th century battlefield knighting of Sir Roger Washbourne by William the Conqueror. The spelling of the surname was modified through time. The crest features a yellow motto pennant, a red flame, a silver field of arms and six purple birds on a light blue field. The motto Purificatus non consumptus (Purified but not consumed) refers to the refinement attained through the pursuit of knowledge, but without the erosion of self or character.

Prior to 1966, the area where Washburn Village and KTWU stands was a 9-hole golf course.

During World War II Benton hall served as a “cooperative” residence hall for women. The residents were required to do all of the maintenance and upkeep of the facility.

The Mulvane Art Museum was originally established in 1922 and is the oldest art museum in the state of Kansas.

Source: <http://www.washburn.edu/ur/ur-site/FactsAboutWu.pdf> & Washburn University Admissions, campus tour



In 1938, alumnus Bradbury Thompson brought “*the Ichabod*” to life in the graphical symbol of a sharp-dressed man in a top hat and bow tie walking with a book tucked under his arm. He wore a red hat and shoes, a blue coat and yellow pants. In the 1938 Kaw yearbook, Thompson wrote, “*He has courage and enthusiasm as shown by his brisk walk. He is democratic and courteous, for he tips his hat as he passes. Sincere in his search for truth and knowledge, he studiously carries a book under his arm. His friendly smile makes you like him. He’s neatly dressed and he fits well into his generation...but adapts himself with equal ease to any change or age.*”

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