

## Brunswick Recreation Center

### Track Mileage

590 feet = 1 Lap

$\frac{1}{4}$  Mile = 2 Laps + 140 feet

$\frac{1}{2}$  Mile = 4 Laps + 280 feet

$\frac{3}{4}$  Mile = 6 Laps + 420 feet

1 Mile = 8 Laps + 560 feet

1.5 Miles = 13 Laps + 250 feet

2 Miles = 17 Laps + 530 feet

2.5 Miles = 22 Laps + 220 feet

3 Miles = 26 Laps + 500 feet

3.5 Miles = 31 Laps + 190 feet

4 Miles = 35 Laps + 470 feet

4.5 Miles = 40 Laps + 160 feet

5 Miles = 44 Laps + 440 feet