



Current Course Records (52)

Florida (22)

Jacksonville

Bank of America Tower | 42 Floors | 838 Steps | **4:19.00**
Bank of America Tower | 36 Floors | 713 Steps | **3:45.00**
Bank of America Tower | 34 Floors | 670 Steps | **3:33.00**
VyStar Veterans Memorial Arena | 1,433 Steps | **17:13.00**
TIAA Field | 700 Steps | **4:07.00**
TIAA Field | 1,670 Steps | **6:02.00**

Tallahassee

Plaza Tower at Kleman Plaza | 22 Floors | 398 Steps | **1:40.66**

Gainesville

Ben Hill Griffin Stadium | **6:47.00**

Orlando

Bank of America Tower | 25 Floors | 512 Steps | **2:13.00**
Bank of America Tower | 24 Floors | 480 Steps | **2:23.06**
World Marriott Center | 28 Floors | 512 Steps | **1:30.00**
Exploria Stadium | 1,000 Steps | **6:04.00**

West Palm Beach

Rodger Dean Stadium | 1,500 Steps | **13:43.15**

Ft. Lauderdale

110 Tower | 30 Floors | 529 Steps | **2:26.00**

Miami

One Biscayne Tower | 38 Floors | 648 Steps | **3:18.76**
Wells Fargo Center | 47 Floors | **6:01.23**
Hardrock Stadium | 915 Steps | **4:42.00**

Ft. Myers

High Point Tower | 30 Floors | 514 Steps | **2:24.00**
Oasis Tower | 31 Floors | 535 Steps | **2:20.00**

Tampa

Bank of America Tower | 42 Floors | 914 Steps | **4:36.00**
Bank of America Tower | 41 Floors | 892 Steps | **4:44.00**
Raymond James Stadium | 4,300 Steps | **32:35.28**

Georgia (4)

Atlanta

PeachTree Tower | 52 Floors | 1,050 Steps | **6:44.00**
Symphony Tower | 41 Floors | 878 Steps | **4:56.00**
Wells Fargo Tower | 21 Floors | 420 Steps | **4:21.00** (21 Fl Twice)
Promenade Tower | 38 Floors | 800 Steps | **4:24.50**

South Carolina (2)

Charleston

Charleston Coliseum & Convention Center | 1,500 Steps | **7:10.44**

Greenville

The Landmark Building | 24 Floors | 535 Steps | **2:07.93**

North Carolina (3)

Raleigh

Wells Fargo Capitol Center | 28 Floors | 1,019 Steps | **3:06.00**

Winston-Salem

Winston Tower | 30 Floors | 618 Steps | **3:18.00**

Charlotte

The Vue | 50 Floors | 883 Steps | **4:40.93**

Virginia (4)

Virginia Beach

Westin Town Center | 37 Floors | 667 Steps | **3:16.00**

Norfolk

Dominion Tower | 25 Floors | 580 Steps | **2:23.00**
Harbor Park Stadium | 1 Mile (3 Loops) | **10:26.96**

Crystal City

Square 4 Building | 11 Floors | **54.00**

Maryland (1)

Baltimore

Canton Crossing Tower | 18 Floors | 432 Steps | **1:41.00**

New York (3)

Rochester

Bausch & Lomb Place | 20 Floors | 400 Steps | **1:41.40**

Buffalo

Main Place Tower | 24 Floors | 470 Steps | **2:05.30**

Syracuse

State Tower Building | 20 Floors | 338 Steps | **1:47.38**

Kentucky (2)

Louisville

The Humana Building | 25 Floors | **2:46.00**

Lexington

Lexington Financial Center | 31 Floors | 686 Steps | **2:44.00**

Tennessee (2)

Nashville

505 Building | 45 Floors | 862 Steps | **4:43.90**

Fifth Third Center | 29 Floors | 638 Steps | **2:55.75**

Alabama (2)

Mobile

RSA Battle House Tower | 34 Floors | 650 Steps | **4:27.00**

Orange Beach

Turquoise Place | 31 Floors | **2:55.00**

Mississippi (1)

Jackson

Regions Plaza | 22 Floors | 425 Steps | **1:42.66**

Kansas (1)

Topeka

Topeka Tower | 16 Floors | 336 Steps | **1:22.00**

New Mexico (2)

Albuquerque

500 Marquette | 15 Floors | 360 Steps | **1:11.00**

The Clyde Hotel | 20 Floors | 365 Steps | **1:59.15**

Rhode Island (1)

Providence

Omni Hotel | 22 Floors | 348 Steps | **1:19.60**

International Records (2)

Niagara Falls, Canada

Skylon Tower | 660 Steps | **3:02.00**

Delft, Netherlands

EEMCS Tower | 402 Steps | **1:46.00**



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