Movement

Walking

walk outdoors : BASE x 10yards / round
walk indoors : BASE x 10ft. / round
walk indoors without caution : BASE x 10yards / round
   -1 penalty to surprise and +1 bonus for others to suprise
   don't notice traps, secret doors or unusal features

Accelerated Movement Outdoors

jog : BASE x 20 yards / round

jog for (Con. rounds) then make Con. check each round after
if check failure, character must rest # of rounds spent jogging

run : BASE x 30 yards / round (Str. check to start, no retries)
sprint : BASE x 40 yards / round (Str. -4 check to start, no retries)
haul ass : BASE x 50 yards / round (Str. -8 check to start, no retries)

Con. check each round w/ cumulative check penalty (-1/round
running) (-2/round sprinting) (-3/round hauling ass)
if check failure, character must rest 10 rounds