

Determine Your Pace Length

Name _____

Pacing is a useful way to estimate a distance in the field without the need for measuring equipment. In this exercise you will determine your pace distance then determine a distance by pacing.

1. Layout a 100' course.
2. Walk the course 4 times recording the number of paces on the data sheet. NOTE: a pace is **two steps**. Walk with a normal stride. For example:

$$20 + 21 + 20 + 20 = 81 \text{ (Total paces)}$$

3. On the data sheet divide total paces by 400' to determine average pace. For example

$$\text{Total paces } 400' \div 81 = 4.9 \text{ feet/pace}$$

4. Determine the unknown distance by pacing. Record on the data sheet. For example:

$$34 \text{ paces} \times 4.9 \text{ feet/pace} = 167 \text{ feet}$$

Determine your pace:

_____ + _____ + _____ + _____ = _____ (Total paces)

$$400' \div \text{Total paces } \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \text{ feet/pace}$$

Determine the unknown distance:

$$\text{Paces } \underline{\hspace{2cm}} \times \underline{\hspace{2cm}} \text{ ft/pace} = \underline{\hspace{2cm}} \text{ Feet}$$