

## Finding your pace

A pace is equal to two steps. Finding the length of your pace will help you figure out the distance you've traveled. Here's how to find your pace:

1. Measure a distance of 100 ft.
2. Walk the 100 ft. You should:
  - Start on your left foot.
  - Count every time your *right* foot hits the ground (every other step).
  - Walk the way you would normally walk.
3. Now walk the same distance back, and count your paces again.
4. If you counted a different number of paces each time, average the two numbers together.
5. Figure out the approximate length of your pace using the chart below:

<u># of paces to go 100 feet</u>	<u>length of your pace</u>
15 - 18	6 feet
19 - 22	5 feet
23 - 28	4 feet
29 - 35	3 feet

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