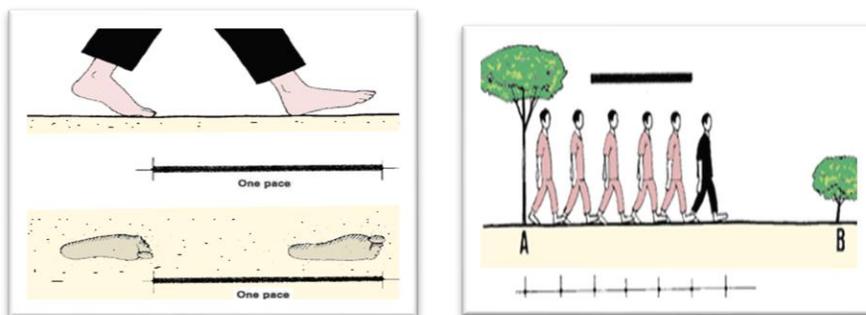


## Pacing: Measuring Distance Without Equipment

### Introduction

You may measure distances roughly by pacing. This means you count the number of normal steps which will cover the distance between two points along a straight line. Pacing is particularly useful in taking quick measurements for landscape, forestry, fencing and checking property lines or surveys. Pacing is the simplest and easiest method to quickly measure distances without any equipment.

To be accurate, you should know the average length of your step when you walk normally. This length is called your normal pace. Always measure your pace from the toes of the foot behind to the toes of the foot in front.



### Activity

1. Lay out a 100-foot tape on a mostly flat surface. Avoid areas with high grass.
2. Insert two stakes in the ground at each end of the tape – your stakes should be exactly 100 feet apart.
3. Starting at the first stake walk in a straight line to the second stake counting your steps as you walk.
4. Repeat this process 5 times. Record the number of steps each time.

1<sup>st</sup> trial \_\_\_\_\_

2<sup>nd</sup> trial \_\_\_\_\_

3<sup>rd</sup> trial \_\_\_\_\_

4<sup>th</sup> trial \_\_\_\_\_

5<sup>th</sup> trail \_\_\_\_\_

Total Steps Taken (add all 5 together) \_\_\_\_\_



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5. Calculate the average number of steps you take to walk 100 feet.

Total steps (on previous page) \_\_\_\_\_ / 5 trails = \_\_\_\_\_ average pace for 100 ft.

6. Determine your individual pace

100 / \_\_\_\_\_ average pace (from above) = \_\_\_\_\_ feet per pace.

### **Now Test Your Pace!**

1. Using marking flags, insert a flag at your starting point.

2. Based on your feet per pace, take the number of steps required to walk approximately 50 feet.

(For example, if your average feet per pace is 2.5, you would need to take 20 paces to reach 50 feet.)

3. Insert a second flag when you reach 50 feet.

4. Use a tape measure to measure the distance from flag to flag. The tape measure should read within 1 to 2 inches of 50 feet.

### **Practice Makes Perfect**

Try pacing various distances and measure for accuracy. Pace each of the distances below then measure to determine the accuracy of your pace.

25 feet

30 feet

60 feet

75 feet

### **Questions**

1. How accurate was your pacing when walking specific distances?

2. When might knowing your pace be beneficial?

3. What factors do you think could affect the accuracy of your pace?



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