

## CALCULATING YOUR PACE AND PACING DISTANCES



*What is a pace?*

A pace is equivalent to two natural steps. Starting with your right foot as the first step, when your left foot hits the ground, you can count that as one pace.



*Why should you know your pace?*

Your pace can be used to keep track of distances traveled on the Browns Farm Compass Courses.



*How many feet are in a pace?*

The average length in feet of a pace will vary between people and will also vary across different types of terrain. Most people will have a pace somewhere around 4.5 to 5 feet.



*To determine or "calibrate" your pace follow these directions:*

- Walk the 200-foot Calibration Course with a natural stride and count each pace (double-step).
- Calculate your pace by dividing the 200-foot Calibration Course by the number of steps it took to walk it. Example: If you counted 40 paces, then you have a 5-foot pace. (200 feet /40 paces =5 foot pace)
- Walk the Calibration Course multiple times to figure your average pace.



### *Estimated Paces Chart*

<i>Distance to Pace</i>	<i>If you have a 4 foot pace</i>	<i>If you have a 4.5 foot pace</i>	<i>If you have a 5 foot pace</i>	<i>If you have a 5.5 foot pace</i>	<i>If you have a 6 foot pace</i>
<i>100 feet</i>	= 25 paces	= about 23 paces	= 20 paces	= about 19 paces	= about 17 paces
<i>200 feet</i>	= 50 paces	= about 45 paces	= 40 paces	= about 37 paces	= about 34 paces
<i>300 feet</i>	= 75 paces	= about 67 paces	= 60 paces	= about 55 paces	= 50 paces
<i>400 feet</i>	= 100 paces	= about 89 paces	= 80 paces	= about 73 paces	= about 67 paces
<i>500 feet</i>	= 125 paces	= about 112 paces	= 100 paces	= about 91 paces	= about 84 paces

### *Things that will affect your pacing*

Your paces will be longer while:

- going downhill
- hiking with a strong tail wind

Your paces will be shorter while:

- going uphill
- hiking against strong winds
- wearing a full backpack
- hiking on loose surfaces like sand, gravel, etc.

*Reference:* <https://www.backcountryattitude.com/pacing.html>

## **BROWNS FARM COMPASS COURSES**

### *YELLOW TEAM COURSE #1*

*Before you start the Course, calibrate your pace. From the Browns Farm Compass Course Start Post A, go 200 feet at 47 degrees to the 200 Feet Post. Calculate your average pace by walking to the 200 Feet Post and then returning to the Browns Farm Compass Course Start Post A.*

1. From the Browns Farm Compass Course Start Post A, go 582.5 feet at 344 degrees to the Yellow Post #1.
2. Go 416 feet at 252 degrees to the Yellow Post #2.
3. Go 743.3 feet at 72 degrees to the Yellow Post #3.
4. Go 743.3 feet at 72 degrees to the Yellow Post #4.
5. Go 427.3 feet at 347 degrees to the Yellow Post #5.
6. Go 421.4 feet at 342 degrees to the Yellow Post #6.
7. Go 237.1 feet at 62 degrees to the Yellow Post #7
8. Go 1,061.3 feet at 162 degrees to the Browns Farm Compass Course Start Post A, Yellow Post #8.

**CONGRATULATIONS!**

**YOU HAVE COMPLETED THE YELLOW COMPASS COURSE!**