

# How Do You Measure Your Pace?

In order to figure out what your pace is go to the pace markers on the paved road across from Miakonda Lodge. Looking north there is a marker across from Miakonda Lodge and another one 100' down the road on the left side. Starting with your left foot walk in a normal pace between the markers. Every time your right foot touches you have taken one pace. Note the number of paces you take. Reverse and go back to the first mark. You should have the same pace. Now divide the number of paces into 100'. This will give you your average pace. For example, if you take 40 paces to go between markers you divide 40 into 100' and your pace would be 2 ½ feet. Use this as an average when you walk the course. Walking off a trail, through or around trees and over logs will cause your pace to vary. Keep this in mind when you are walking the course.