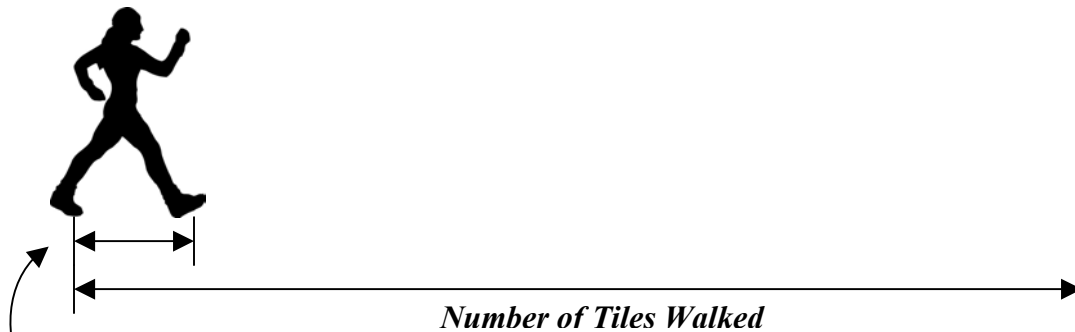


Name: _____ Section: _____ Date: _____

CALCULATION OF YOUR AVERAGE PACE LENGTH

Walk a fixed number of paces (*10 or greater*) at your regular stride and measure the distance traveled (*e.g. number of tiles since each tile = 1 ft.*). Divide the distance by the number of paces to calculate your pace in “feet” and then convert to “meters”. **Note: Pertinent CF = 3.28 feet per meter.**



My pace = [# of Tiles Walked / # of Paces] = _____ feet (*or Convert To*) _____ meters.

Repeat this two more times and average the three readings.

- My pace = _____ feet or _____ meters
- My pace = _____ feet or _____ meters

- My Average Pace = _____ feet or _____ meters