

**Needs**

Measuring tape of at least 50 ft  
Feet!

# Pacing 101

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**Intent of the Lesson:** Teach leaders how to pace for recording project accomplishments.

**Important Debrief Points:** How many feet per their 2 steps!

Pacing is an incredibly important skill for crew leaders to learn for figuring and recording project accomplishments! This is super simple lesson that will be integral to your season.

Set the tape measurer out to 100 ft, at least 50 if you don't have a 100 ft! You'll have members walk the tape and count every other step. So, they will count on either each right or left step. This should be a purposeful walk that they can remember the cadence and step length of.

*“step, 1, step, 2, step, 3...”*

They will walk the tape at least 3 times and take the average of their step counts. The leader can then divide the amount of feet they walked by the amount of 'steps' they counted. They will then have the amount of feet per their 'step', meaning 2 literal steps. They can then count off steps of trail maintained, constructed, as well as the perimeter of area worked and calculate how many feet of work they've done by multiplying their 'steps' by how many feet in their 'step'. Have the leaders practice and write down their feet per 'step'!