

## St Elizabeth Seton Orienteering Course

Point	What is there	Heading (degrees) To Next Point	Distance (feet) To Next Point	Number of Paces for YOU	Marker Number	Lat	Lon
1	Start	81	382		0	39.943009	-86.095723
2		209	408				
3		277	490				
4		270	205				
5		218	174				
6		166	109				
7		332	94				
8		354	207				
9		16	65				
10		106	192				
11		100	327				
12		122	411				
13		291	335				
14		83	278				
15		290	414				
16		70	624				
17		70	624				
18		258	220				
19	Start Point				0		

Total Feet	
Total Miles	

A "pace" is completed each time your right (or left) foot touches down.

Measure how long your pace is:

1. Walk from the *start* point to the flag pole, and count your paces.
2. This distance is 165 feet, so apply the formula

$$165 / \# \text{ of paces} = \text{feet per pace}$$

For instance, if you took 33 paces to cover the 165 feet, your pace length is 5 feet.

To find how many paces you will walk for each segment, divide the distance by your pace length.

If your pace is 5 feet long, you will walk 20 paces for each 100 feet.