



## Harris Lake County Park Orienteering Long Course (16 waypoints)

Number of RT steps taken in 100ft.: \_\_\_\_\_ Pace: \_\_\_\_\_ 100 ft. /steps

Walk normally between the “pace markers” – start on left foot, count each time your right foot steps down. Repeat then take the Average # of steps. Divide 100 ft. by your # steps to get your pace. Divide this number into your distance at each point.

Point #	Token Rubbing	Bearing to next waypoint	Distance (ft.) to next waypoint	# of steps to the next waypoint <small>(Distance divided by your pace)</small>
1 (Start)		313	268	
18		358	314	
4		174	477	
15		10	558	
6		150	524	
11		350	161	
13		314	326	
7		90	433	

9		300	191	
10		177	282	
12		318	307	
8		267	181	
5		258	173	
3		230	148	
2		202	207	
19 (End)		You	Did	It!

