

BEND MARATHON YOUTH RUNNING PROGRAM – Measuring a Lap

The goal of the youth running program is to get them outside and moving in a safe environment. If your young athlete is on the younger side, you (Mom/Dad) need to decide where they are going to be running and set boundaries for them. Kids can run just about anywhere, around the house (outside), in a field nearby, around the block if safe, etc.

The challenge is figuring out what a lap is and how far one lap is so that you can calculate overall distance. This can be a great math problem to help with that subject as well.

Once you figure out what the lap will be you'll need to measure the distance. The easiest way is to measure it using Google Earth (www.google.com/earth) and zoom way in to your lap. Using the measure tool (looks like a ruler) you can measure a pretty accurate lap distance.

If you want to do it the hard way you can get out a tape measure or pace it off and measure your paces. This is good math practice too.

If you have access to a GPS watch and your athlete is a little older you can allow them to go run around the neighborhood and rack up miles.

Photo of zoomed in Google Earth image with a lap measured

