

Name/Title: [How Far To Mount Katahdin \(Part I\)](#)

Purpose of Event: To teach students to calculate distance while hiking.

Suggested Grade Level: 9-12

Materials Needed: timer, 1/4 mile track or measured distance, note cards or forms, calculator

Description of Idea

The Appalachian Trail stretches more than 2,000 miles through 14 states, from Maine's mighty Katahdin to Georgia's forested Springer Mountain. Nearly two-thirds of the US population lives within a day's drive of this continuously marked footpath. Each year, about 2,000 hikers attempt to thru-hike the trail, but **only 200 succeed!** What we are going to do today is figure out how many steps it would take to get to Maine's Katahdin!

[Click here for the Handout/Worksheet](#)

The Entire Series

- [How Far To Mount Katahdin \(Part I\)](#)
- [How Far To Mount Katahdin \(Part II\)](#)
- [How Far To Mount Katahdin \(Part III\)](#)
- [How Far To Mount Katahdin \(Part IV\)](#)
- [How Far To Mount Katahdin \(Part V\)](#)

Submitted by **Bane McCracken** who teaches at Cabell Midland High School in Ona, WV. Additional authors for this idea were Bryan Butts. Thanks for contributing to PE Central! **Posted on PEC: 9/22/2001.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!