

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

**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

Part Two of our trip to Mount Katahdin finds us focusing on how fast students can and should hike. Hiking all day is very difficult, so it is important to monitor your pulse to determine how fast you should hike. In order to conserve energy and to be able to continue hiking for long periods of time, you should keep your pulse levels at 50-60% of maximum. We are going to practice that today. Complete the following questions while moving around a 1/4 mile track to find out how fast you should hike.

[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!