

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

Purpose of Event: To teach students to calculate distance while hiking with a load and up a hill.

Suggested Grade Level: 9-12

Materials Needed: timer, 1/4 mile track or measured distance, hill for the students to climb, note cards or forms, calculator

Description of Idea

Part Three of our trip to Mount Katadhin finds us focusing on how fast students can hike while carrying a load and how fast they can hike while climbing a hill. Hiking all day with a loaded backpack is not usually done all on flat surfaces. Often times you encounter hills and climbs so this worksheet and activity should help you with knowing how fast you should hike. Complete the following questions while moving around a 1/4 mile track and the hill that we have out back.

[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.**

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