



How to Measure Course Distances for an At-Home Race

To complete their at-home race, your child can do their bike and run distances wherever is most convenient and safe for your family. This may be in a local park, on a bike path or sidewalk, in a field, or as laps around your house. While you figure out your route, you may want to bring along some washable chalk to mark a turnaround point or turns; however, please do not make any permanent markings and do not mark on anyone's private property.

Here are a few ideas for how to measure out the course distances to help your child prepare for their virtual race:

Running Apps

There are many running apps that you can use to measure distances. A few apps that our team has used are Strava, Miler Meter (Google Maps Pedometer), and Map My Run. These apps can be downloaded onto iOS or Android devices.

Google Map Pedometer and Google Maps

You can use Google Map Pedometer via a web browser (<https://www.mappedometer.com/>) to plan out your route. You can also use Google Maps via a web browser or within the app to mark points on the map and see the distance between the points. This generally works best if you are following city streets and sidewalks or defined paths; it does not work as well if you are running in a field.

Smartwatch or Running Watch

If a family member has a smartwatch or running watch, you may be able to use it to measure out the distance for your race.

Car Odometer

Take a ride together in the car to measure out your longer distances (usually works best for distances of a mile or longer).

We hope that one of these ideas will work for your family. Please feel free to reach out to us if you need additional information or assistance. If you find something that works great for your family, share the knowledge with other at-home race participants via our event [Facebook page](#). Thank you for being creative and flexible to help your athlete prepared for their at-home race.