

## Personal Measurement Log

Fill this out before going on an orienteering course so you have your own personal measurements with you.

Arm Span \_\_\_\_\_

Arm Reach \_\_\_\_\_

Hand Span \_\_\_\_\_

Index Finger Length \_\_\_\_\_

Foot Length \_\_\_\_\_

Height \_\_\_\_\_

Wrist to Elbow \_\_\_\_\_

You should also determine your pace length. Go to an large space of known distance. 100 meters is considered optimal. Measure the number of paces you need to walk that distance in a normal manner. Now divide the distance by the number of paces you took to cover it. That is your pace length.

Pace Length \_\_\_\_\_