



# Dunes Adventure Academy

JOURNAL



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Name

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Date

# My Team

## My Cabin

Cabin name and number:

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Cabin mates:

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## My Trail Group

Trail group name:

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Trail group leader:

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Trail group members:

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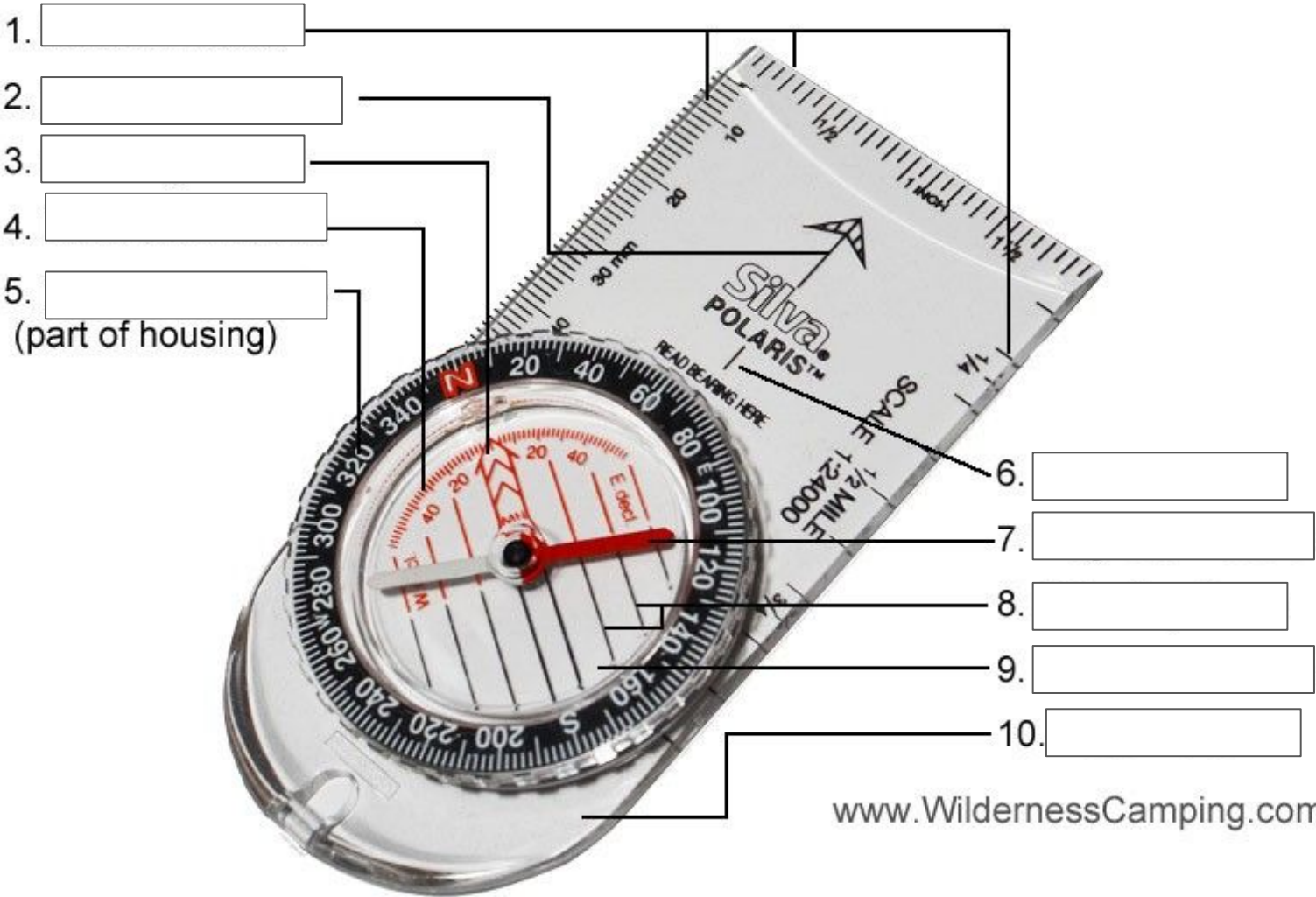
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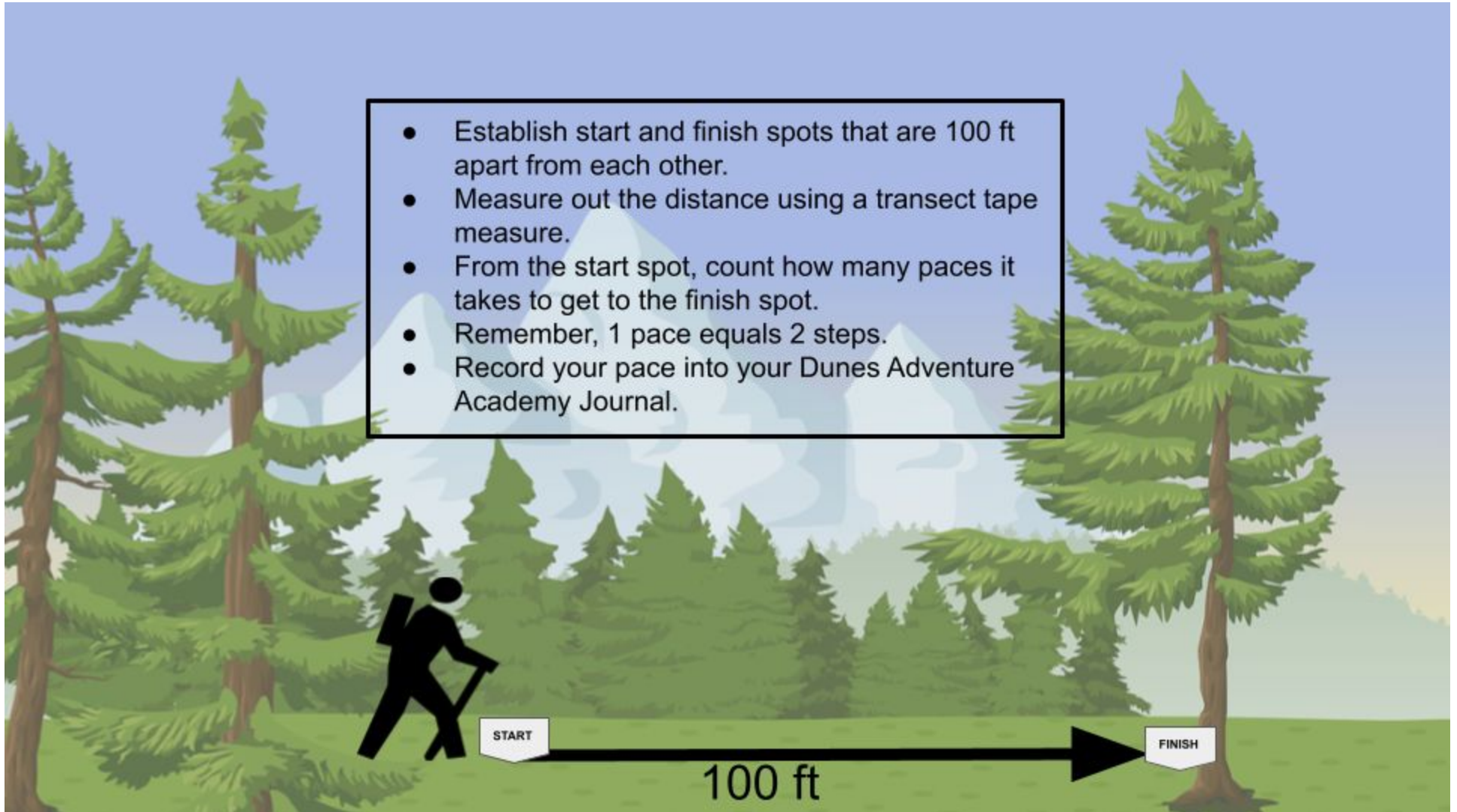
# COMPASS 101 - Parts of a Compass

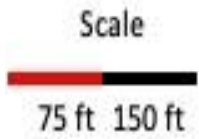
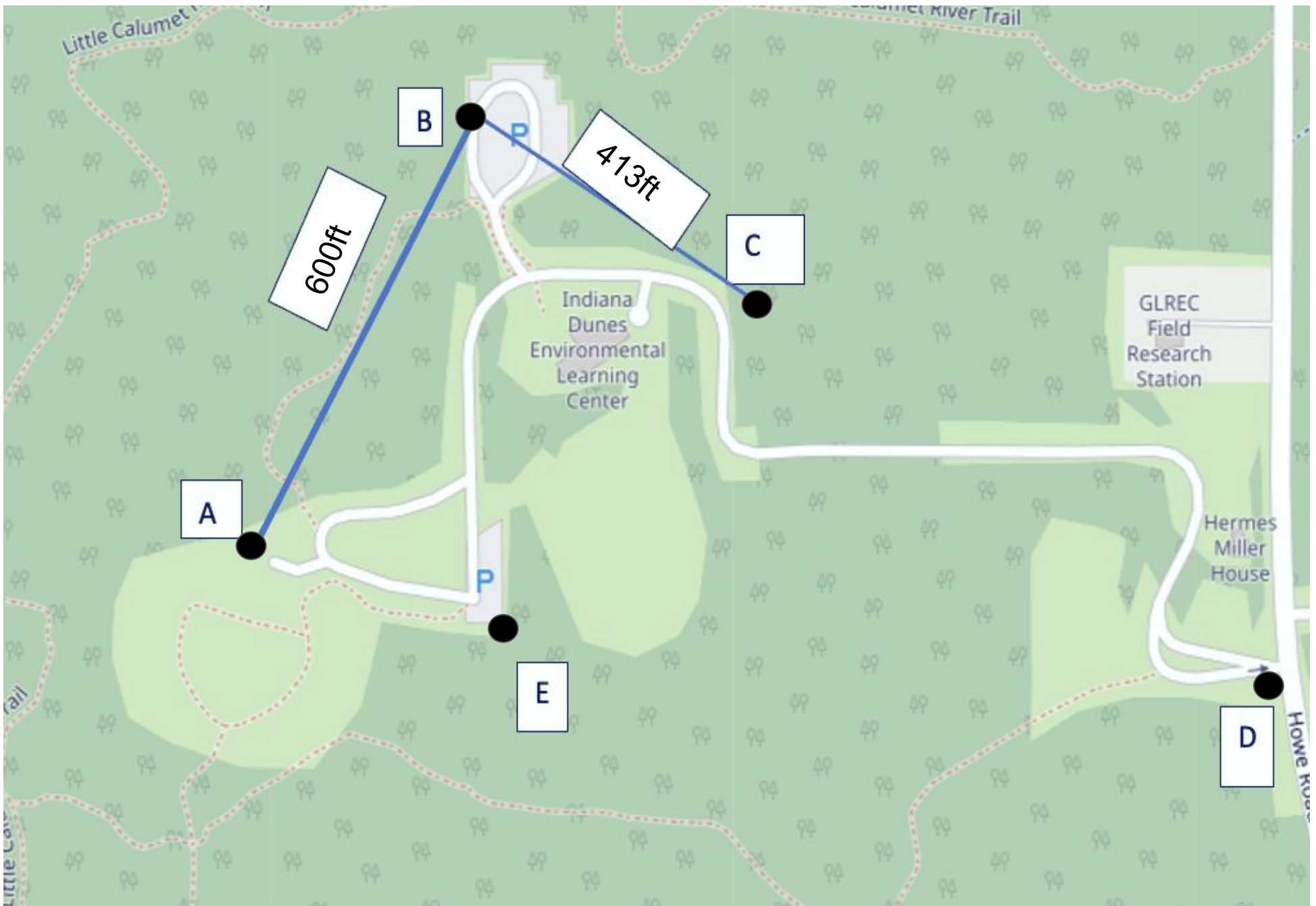


# Finding Your Pace

A pace is a measurement of how far you move while walking. One pace equals two steps. Record the number of paces it took you to walk 100 feet on page 7 of this journal.

- Establish start and finish spots that are 100 ft apart from each other.
- Measure out the distance using a transect tape measure.
- From the start spot, count how many paces it takes to get to the finish spot.
- Remember, 1 pace equals 2 steps.
- Record your pace into your Dunes Adventure Academy Journal.





# The Mathematics of Pacing

Use this page to answer questions on page 6

# Use page 5 to answer the following questions:

1. It took me \_\_\_\_\_ paces to walk 100ft.

2. Calculate your average pace length:

$$\text{_____ paces} \div 100 \text{ feet} = \boxed{\text{_____ paces per foot (paces/ft)}}$$

Let's practice using the map on the previous page!

A. How many paces does it take to walk 600ft?

$$\text{_____ paces /ft} \times 600\text{ft} = \text{_____ paces}$$

(answer from #2)

B. How many paces does it take to walk 413 ft?

$$\text{_____ paces/ft} \times 413\text{ft} = \text{_____ paces}$$

C. How many paces does it take to go from C to D?

1) Using a ruler, how many inches between C to D? \_\_\_\_\_ inches

2) If one inch is 150 feet. Multiply your answer in 1 by 150 to get the number of feet from C to D

3)

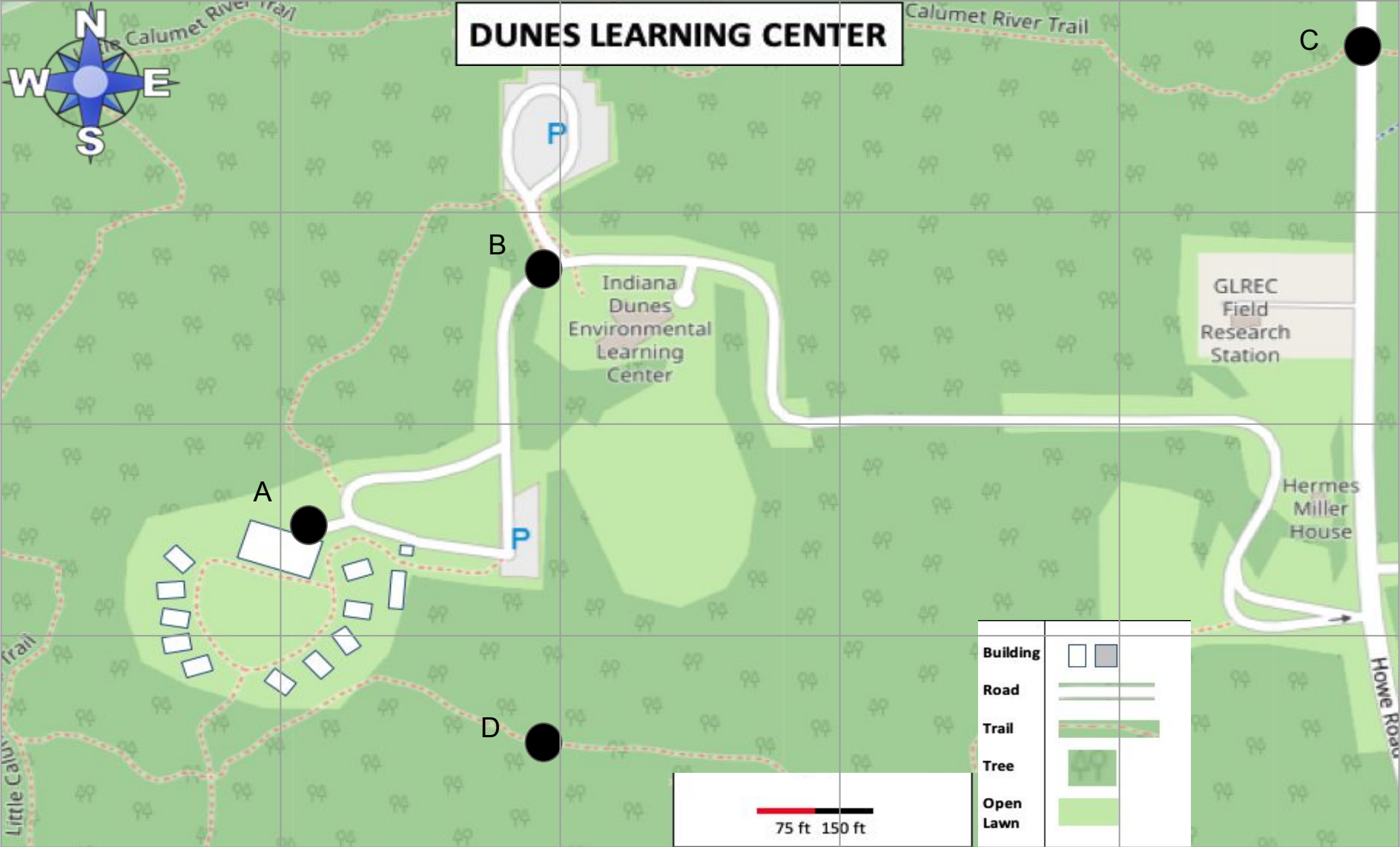
$$\text{_____ paces/ft} \times \text{_____ ft} = \text{_____ paces}$$

D. How many paces does it take to go from D to E?

$$\text{_____ paces/ft} \times \text{_____ ft} = \text{_____ paces}$$

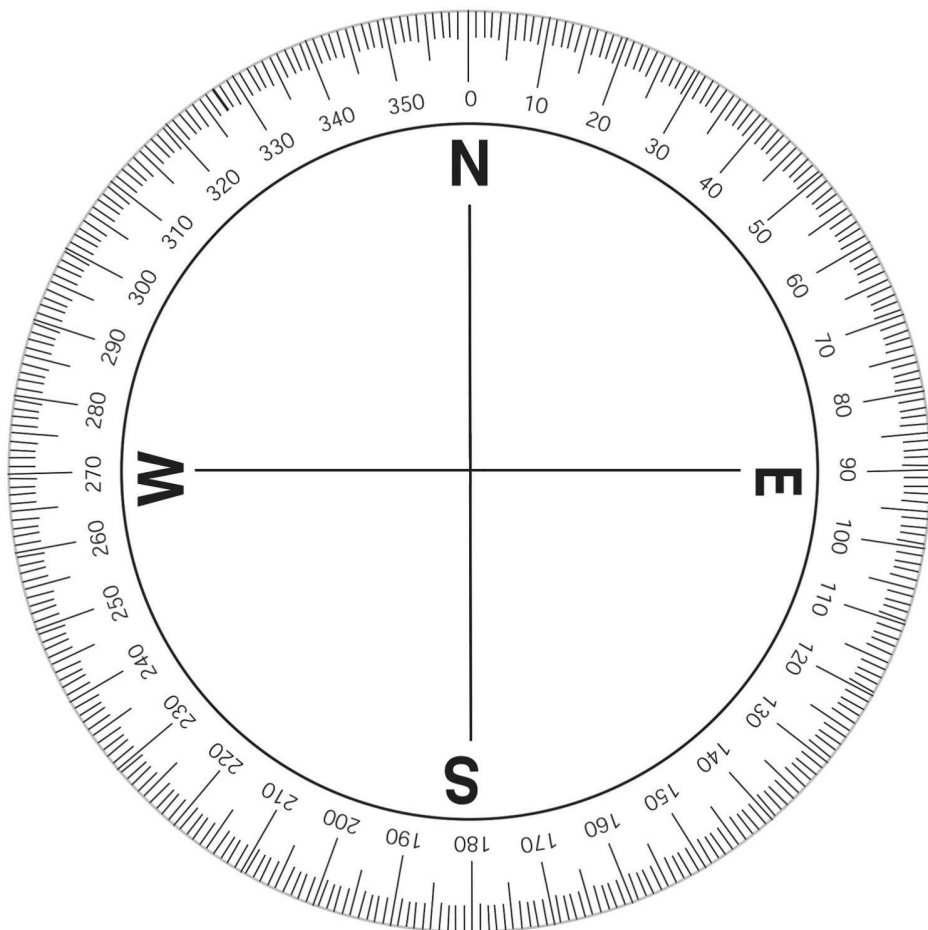
# Intro to Mapping - Let's Practice Taking Azimuths!

Continue onto page 8.



# Azimuth

An azimuth is the direction of travel indicated on a compass and expressed in degrees between 0 and 360 degrees.



Using the previous page, let's practice!

What is the azimuth from:

A to B \_\_\_\_\_°

B to C \_\_\_\_\_°

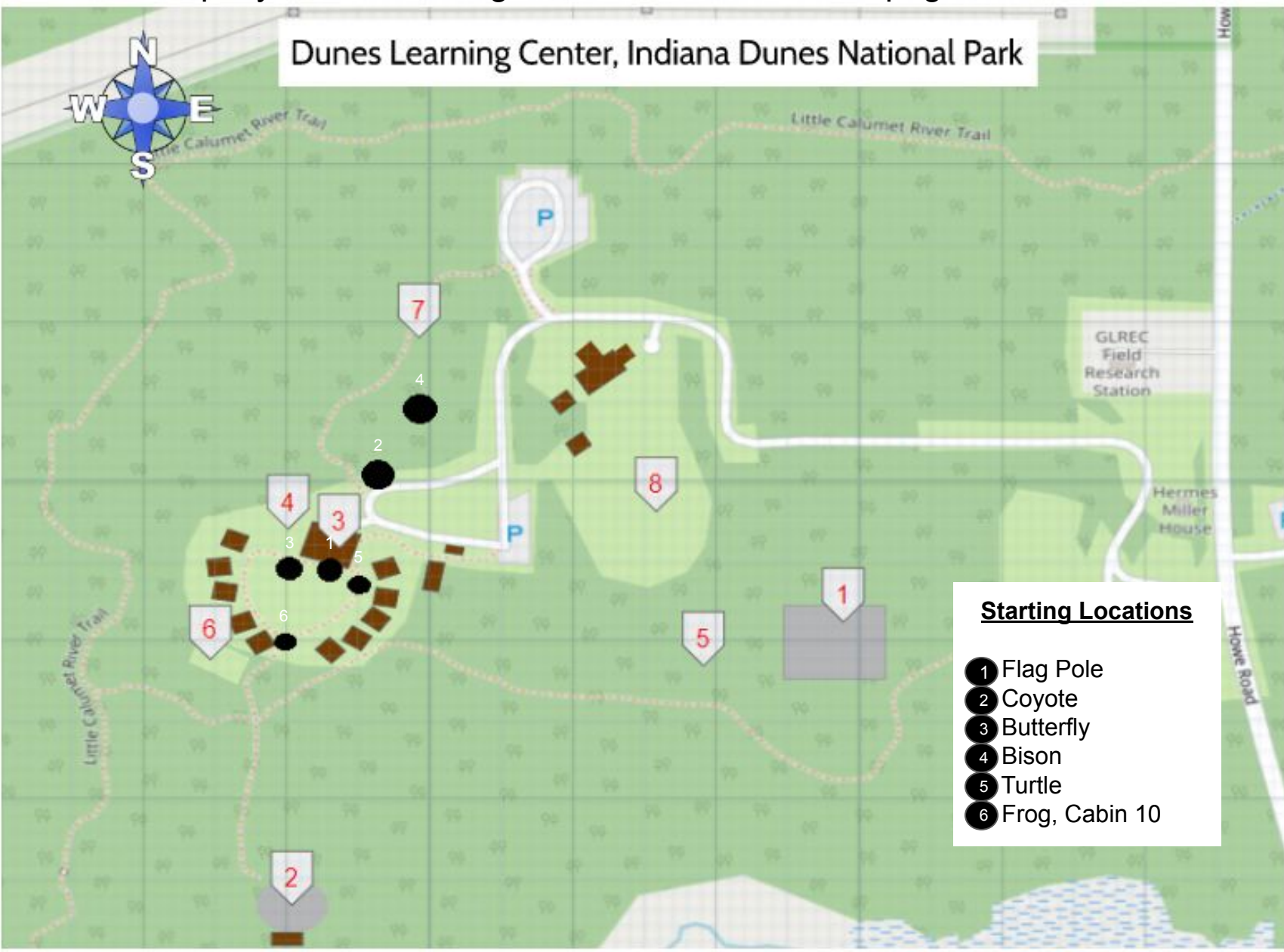
C to D \_\_\_\_\_°

D to A \_\_\_\_\_°



# 8 Station Rotation Map

Use this map if you will be doing 8 stations. If not, turn to page 10.



**Scale**

100 ft

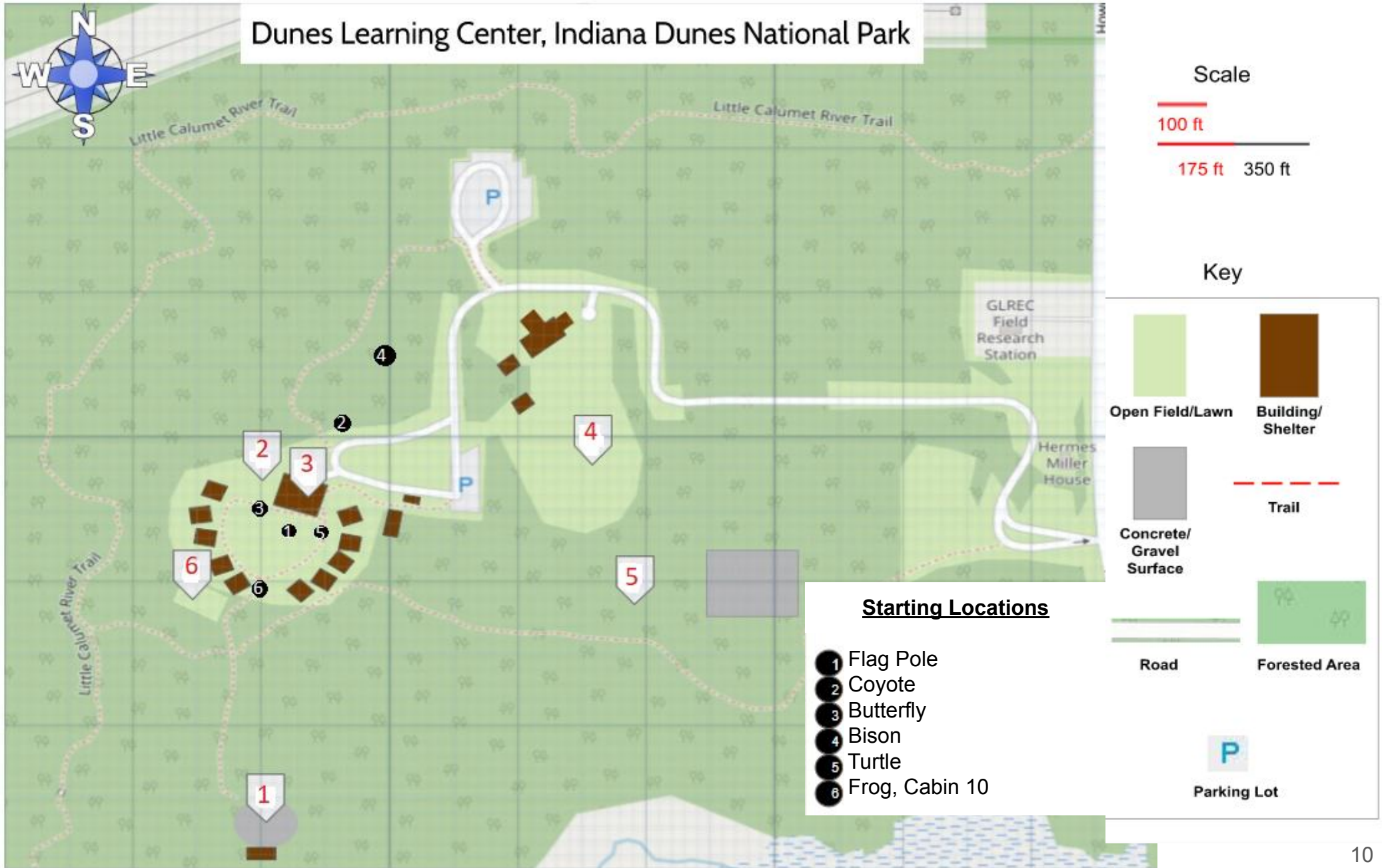
175 ft 350 ft

**Key**

Open Field/Lawn	Building/Shelter
Concrete/Gravel Surface	Trail
Road	Forested Area
Parking Lot	

# 6 Station Rotation Map

Use this map if you will be doing 6 stations.



# MAP MADNESS

Use the map on either page 9 or 10 to calculate your route. You will use these during the rotations later on.

	START LOCATION	END LOCATION	AZIMUTH	DISTANCE	PACE
ROUND 1					
ROUND 2					
ROUND 3					
ROUND 4					
ROUND 5					
ROUND 6					
ROUND 7					
ROUND 8					



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