



Measuring Your Walking Route

If your exercise prescription includes walking and/or running, there is a certain distance that is included. How do you know if you have walked that distance? There are a few ways to measure your walking route:

- Use the odometer on your car to measure the route
- Use an indoor or outdoor track. You will need to know how many laps around the track is equal to a mile or kilometer
- If walking in a mall, find the mall-map on our website at http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/TRI_Walking_Maps_Combined_Walking_Maps-D5895.pdf
- Use a surveyor's measuring wheel to measure your distance.
- Go to this website www.gmap-pedometer.com. You can find the outdoor location of your route and measure it online. The website page will look like this:

Gmaps Pedometer

Start recording
Undo last point

english metric

Total Distance: 0 miles
Last Leg: 0 miles

Turn off mile markers
Turn on calorie counter
Elevation: off small large
[Complete there and back route](#)

[Save route](#)
[Clear points and start over](#)
[Print map](#)
[Export as GPX \(external link\)](#)

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(All links open in a new window)

See the [Change History](#) for most recent updates

London Marathon
Watch the Race at WCSN.com April 22nd
- Live and On-demand
www.wcsn.com

Get Run Ready With Vector
Free High Performance Shirt With
Specialty Marked Boxes - \$40 Value!
www.getrunready.ca

Meet Single Runners
View Photo Profiles. Join for Free. Dallas
Singles into Running.
www.Fitness-Singles.com

Follow these instructions to measure your route on the Gmaps Pedometer Website:

- In the “Jump To” box, type in the exact address, city, postal code **or** the closest intersection to your walking route and click on “go”.
- Use the + or – zoom level to find the exact starting point of your walking route. Use the up, down, left or right arrows to look at points on the map that aren’t visible on the screen.
- Once you have found your starting point, press the “Start recording” button on the left side of the screen and then double-click on the starting point of your walking route on the map. Double-click the map every time you turn a corner. You should see a red teardrop-shaped icon on the screen while mapping your route.
- As you click on points, the “Total distance” box on the left side of the screen should be adding up the miles.
- If your course is a "there-and-back" route, click the “Complete there and back route” link on the left side of the screen once you reach the midpoint.
- If you make a mistake, simply click on the “Undo last point” box. To make a new route, click on “Clear points and start over” link.
- Routes can be saved and printed.
- In the top right hand corner of the map you can click on the “Map”, “Satellite”, “Hybrid” or “Topo” boxes to view different types of map images.
- Happy route marking!