

Get Moving...

Map Out a Path



The Walking Calculator is a great tool to help you map out a safe, scenic walking path and know the distance you are traveling.

**1** Go to [www.fitcitychallenge.org](http://www.fitcitychallenge.org) and scroll down to



**2** Select Walking Calculator.



**3** In the “Jump to” box, enter the address. Select “zoom: 17.” Click the Hybrid link. Click “go”.



**4** Move around the map using the arrows or you can simply click, hold, and drag your mouse to pan the map. Use the plus and minus boxes to zoom in or out. Once you have located your starting point you're ready to begin creating your walking path.



**5** To start creating a walking path:

- Click “Start Recording”.
- Double click on your starting point.
- If you make a mistake, click “Undo last point”
- To start over, click “Clear points and start over.”
- When you're finished, look in the “Total Distance” box to see the exact distance.

### Gmaps Pedometer

english  metric

Total Distance:  miles

Last Leg:  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)



**6** There is an option for you to “Print map.” Do not use this, the map will not print properly. Instead, go to the top of your keyboard and click the “Print Screen” key. This key essentially takes a picture of your computer screen. Open a new Word document and insert the picture by right clicking on your mouse and selecting “paste”.