



Pace counters, or ranger beads were adopted by our military as a manual counting tool used to keep track of distance traveled through a pace count. Those skilled in this practice can achieve very precise distance navigation, however, like most skills it does take time and practice.

Setup:

First, before you go into the field, you must determine your personal pace count:

- 1 - Find a suitable open location where you can measure out 100 meters (328 feet).
- 2 - Walk the entire 100 meters while counting every time your left foot touches the ground. Be sure to use your typical stride and pace or your later count will be off. You will need to remember or record this count for future reference.

Field Use:

- 1 - Start with all of the beads (upper and lower) slid into the "UP" position.
- 2 - As you travel, you will count each time your left foot hits the ground. When you reach the number of steps you determined above, it means that you have now traveled 100 meters. At this point slide one bead from the LOWER section down.
- 3 - Once you have used all 9 beads from the lower section, you will continue an additional 100 meters and then slide one of the upper 4 down which indicates that you've now traveled 1 kilometer.
- 4 - Move the lower 9 beads back into the upper position and begin this process again.
- 5 - Repeat this process until all beads (upper and lower) are in the bottom position. This means that you have now traveled 5 kilometers. If you have further to go, slide all of the beads back into the upper position and begin the process all over again. To help with tracking very long distances, you can pick up a small stone and place it in your pocket each time you've completed the 5K process. (Example: if you've got three rocks in your pocket, you have traveled 15 Kilometers plus whatever your bead count is)

Note that the accuracy of this process depends on maintaining your normal pace/stride. If you are going up or down a steep hill, or traveling through dense forest or vegetation, this will obviously affect your pace/stride. Highly trained individuals can account for this by having different pace counts recorded for various terrains and can allow for very accurate navigation through any terrain. Short of this, you may be able to assess your terrain and apply a mental correction factor to your count. (For example: traveling through a wooded area where you need to weave in and out of trees, you may decide to add an additional xx steps to your normal stride count)

Useful conversions:

100 meters = 328.08 feet/109 Yards

1 Mile = 5,280 Feet/1760 Yards

1000 meters = 1 kilometer

1 Mile = 1,609 Meters/1.61 Kilometer

1 Kilometer = .62 Miles

¼ Mile = 400 Meters

****For emergency reference only: An average person will have a pace count of approx. 60-70 *left* steps for 100 meters****