

Indoor Racing

This idea came from an article I found where a man in [France ran a marathon on his 23 foot balcony!](#) So now it's our turn! Let's see how far we can run by creating a small "track" wherever you have space. Read the directions below and have fun! Keep track of your laps and see how far you can run.

GET PERMISSION FROM AN ADULT IN YOUR HOUSE FIRST!!!

1. Find a safe space to be able to run back and forth
2. Get measuring tape or ruler and measure distance from one spot to the other
 - a. If outside use <https://www.mapmyride.com> to get accurate distance.
3. Mark both spots with tape, cone, stuffed animal, chair, or anything you have!
4. Convert feet to yards, meters, miles, kilometers
 - a. See chart below
5. One run from one spot to the other and back is one LAP
 - a. Find the distance of one LAP and write it down on the calendar sheet.
6. Write down how many LAPS you did
7. Convert LAPS into distance

Conversion Chart

1 foot	=	3 feet	=	1 yard
1 yard	=	.914 meters	=	3 feet
1 mile	=	1760 yards	=	1600 meters
1 kilometer	=	.62 miles	=	1000 meters

Race Distances

40 meter sprint	=	45 yard sprint
100 meter sprint	=	110 yard sprint
200 meter sprint	=	220 yard sprint

400 meter run	=	440 yard run
800 meter run	=	880 yard run
1600 meter run	=	Mile run (1760 yards)
5k run	=	3.1 mile run
10k run	=	6.2 mile run
Marathon	=	26.2 miles/42.2 km

