

# Best way to track distance when...

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[IGottaRun](#) 43 posts since

Sep 5, 2008

I'm a newbie, and right now to protect my knees, I run either on grassy trails (there's a 325 acre park nearby) or pea gravel trails. The paths I run are beautiful and winding, but there's no markings at the park to tell you how far you've gone. I can't drive the route, of course.

What's the best way to track your true distance? I've heard of the Nike+, which has to be calibrated, I think, but if I remember right, it's only accurate if you calibrate it on the surface you're going to be running on. (i.e. if I calibrate it on a track, it's going to be off b/c I'll be running on winding up/down sloping hills on grass.)

I know the Garmin GPS things (whatever they're called - LOL) are expensive, but if they are the best way to track distance, I might look into getting one (maybe sweet talk Santa Claus).

How can I track my distance when I'm running "off-road" so to speak? TIA!



[lenzlaw](#) 7,025 posts since

Jan 18, 2008 **1. Re: Best way to track distance when "off-road" running?** Nov 2, 2008 6:02 AM

Check the thread "Question, re: GPS Devices in General . . ."

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Len



[Billiken on the Run](#) 85 posts since

Nov 28, 2007 2. **Re: Best way to track distance when "off-road" running?** Dec 5, 2008 12:02 PM

Garmin GPS units are great! I've used a 205 for the past few years and love it. It can get a little frustrating at times while it searches for satellite signals, but overall it's wonderful.

Another (quite a bit cheaper) option is [www.usatf.org/routes/map](http://www.usatf.org/routes/map). You enter your zip code and can draw routes. It gives you the distance. From what I understand of the Nike+ system it's a fancy pedometer.

Joe



[lrunner](#) 11 posts since

Oct 24, 2007 3. **Re: Best way to track distance when "off-road" running?** Dec 5, 2008 2:49 PM

I bought a Garmin 301(it's an older model and can be found discounted many places) to keep me honest about my miles and pace. I love it. I trail run about 80 percent of the

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time and with the device I can keep track of my miles even when I choose to run a course different from I had originally planned-hey isn't that what we all love about trail running! I started out with maps and still use them to plan out a run but use the GPS to give me total mileage and pace(groan!) at the finish.

It's lost signal only a couple of time, I think both times were when there was alot of trees, but it catches up when it finds the signal again.

you can download all your run info to your pc and also "mapmyrun.com".

so, after you've slogged your way thru 4 hours of hills and it feels like you've run 20 miles...you can look at your garmin with disbelief when it reads 12 miles 😊