



Golden Eagle District Personal Fitness & Marathon Day



Saturday, March 29, 2014
9:00 am to 1:00 pm

Come join your fellow Scouts and Scouters for a fun and rewarding day.
This event is open to all levels of Scouting and family and friends.

Cost for the event is \$5.00 for Scouts and Scouters who participate.

Event fee entitles participants to:

ScoutStrong patch - with successful completion

Fitness Marathon patch – all participants

Family members can purchase individual tickets for various activities.

Location:

Church of Jesus Christ of Latter-day Saints, 20801 Marcon Dr., Walnut, CA

Out of respect for the use of this Church facility, no coffee or smoking on premises, please.



Activities will include:

Completion of the Fitness Marathon

Other fitness and sports activities



Advancement Opportunities:

Venturing – Physical Fitness Elective for Ranger Award

Boy Scouts – Personal Fitness Merit Badge

Webelos – Athlete Activity Badge

Cub Scouts – Physical Fitness Belt Loop / Pin

For further information contact the Event Coordinator:

Peter Honea (909) 762-2951 / crew73@verizon.net

This event has been approved by the District Advancement Committee

Fitness Marathon

Requirements: Walk or run 25 miles prior to the event. You can use the ScoutStrong log to keep track of your progress. You may not count more than one mile per day. The purpose is fitness not speed. Complete the marathon on the day of the event by walking the last 1.2 miles.

Scout Strong Award

Go to www.scouting.org/ScoutStrongPALA.aspx to download log and list of activities that may be used to earn this award. This award may be earned by all levels of Scouts and Scouters.

Advancement Opportunities

To participate in these advancement opportunities, Scouts should arrive at 9:00 am.
Boy Scouts need to maintain their logs for twelve weeks.

Venturers: Personal Fitness Elective Ranger Award, complete requirements 1 and 4 (ScoutStrong log).

Boy Scouts: Personal Fitness Merit Badge, prerequisite requirements 1, 6,7,8, & 9. If the merit badge is not completed the day of the event, the counselor will be available afterwards. You may provide activity logs and work books as proof.

Webelos: Athlete Badge. ScoutStrong log can be used to fulfill requirement #5. Webelos Den Leaders can certify completion of remaining requirements.

Cub Scouts: Physical fitness belt loop. Do requirements 1 and 3 (ScoutStrong log.)

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Registration/Permission Slip

My son _____ has permission to participate in the Golden Eagle District's Personal Fitness and Marathon day. Unit: _____

Parent's / Guardian's signature _____

Address: _____ City: _____ ZIP: _____

Phone #: _____ Email Address: _____

Or

I (adult leader) _____ will participate in the Fitness and Marathon Day.

Unit: _____ Position _____

Address: _____ City: _____ ZIP: _____

Phone #: _____ Email Address: _____

Fee: \$5.00 enclosed (Checks made out to SGVC / Golden Eagle District)
Mail to **Fitness Day**, 940 Golden Prados Dr., Diamond Bar, CA 91765