



**TRAIL
LIFE
USA**

Running Sports

Name _____

- ____1. Do the following to learn about running and track and field:
- ____a. Explain the importance of warming up and stretching before you run and cooling down and stretching after you run.
 - ____b. Explain the importance of pacing, consistency, and hydration, and give an example of each.
 - ____c. List at least five safety rules to follow while running.
 - ____d. Describe the following types of running: jogging, track, cross-country, and marathon.
 - ____e. Describe the proper clothing and footwear to wear when running.
- ____2. Do two of the following:
- ____a. Explain the track and field competitions.
 - ____b. Attend or watch a high school, college, or benefit race or marathon.
 - ____c. Attend or watch a high school, college, or international track and field meet.
 - ____d. Read a biography of a famous runner or track and field competitor.
 - ____e. Start with a distance of a quarter to a half a mile, and practice running at least twice a week to gradually build your endurance to at least 30 minutes, five km, or three miles continuous running.
- ____3. Over a period of at least six weeks, participate in at least eighteen practice sessions on different days where a session can be any of the following:
- ____a. Team practice for an organized track and field team
 - ____b. A professionally coached track and field skills session, lesson, or class

_____c. Running practice of least 30 minutes, five km, or three miles continuous running with a warm-up and stretch before running and a cool down and stretch after running

_____4. Participate in at least two competitions of any of the following types

- Track and field meets in which you race in at least one running event
- Any distance races of at least five km

Trail Badge Mentor Signature

Date

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