



**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

Copyright © 2018 by Trail Life USA. All rights reserved. As an owner of The Trailman's Handbook AND a registered member of Trail Life USA you may only print portions of this Trail Badge for your own personal use in Trail Life USA. No part of this publication may otherwise be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without either the prior written permission of Trail Life USA or authorization through payment of an appropriate per-copy fee.