



Plan:

- What will your route be for your marathon?
- How much time do you expect your marathon to take? Will you make this an overnight adventure?
- What will you need to pack? What equipment do you need?
- How will you accomplish this marathon? Will you run? Hike? Bike? Canoe? Dogsled? Snowshoe?
- How will you prepare for this marathon?
- How will you celebrate at the finish line?

Do:

- Get out and see what it feels like to cover the distance of a marathon!

Review:

- What do you know now that you did not know before?
- How did it feel to complete your marathon?
- What do you think it would feel like to run a full marathon?
- What did you find most challenging about this adventure?
- What kind of training and preparation would you do if you ran in a full marathon?

Safety note:

- What injuries might you encounter on this adventure, and how can you prevent them?
- What safety equipment will you need to prepare for this adventure?
- What effect will the weather and the distance have on safety preparations?
- Remember to share a **trip plan** with your Group Commissioner before heading out!

Online Resources:

- Here is a sample of a marathon:
- [Canada's 10 Must-Do Trail Races](#)
 - [Hawks Ridge Trail](#)

Canadianpath.ca

Hike a Marathon

BRUCE TRAIL
Active & Healthy Living



The Adventure:

While the marathon is not part of the Canada Summer Games, it has been a key part of sports for a very long time. A marathon is just over 42 km long. If you had to think of the ultimate Scouting Marathon in which your Troop would take part, what would it be?



Canada



It starts with Scouts.



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