Hike a Marathon

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?

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 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