

Triathlon Patch

Girl Scout Juniors, Cadettes, Seniors and Ambassadors complete 'A' and 'B' then

Girl Scout Juniors - complete two additional activities.

Girl Scout Cadette - complete three additional activities.

Girl Scout Senior - complete three additional activities plus a POWER UP.

Girl Scout Ambassador - complete four additional activities plus a POWER UP.



- A. Watch a triathlon in person or on television. Use *Triathlete Magazine*, *Competitor Magazine* or *Race Place* (free at any gym or sporting goods store) or search online to find a race that you can go watch in the San Diego area. What type of race did you see? Was it off-road (X-terra) or done on city streets? Was it mini, Sprint, Olympic, half Ironman or full Ironman distance?
- B. Review the *Safety Activity Checkpoints* for the three sports that make up a triathlon. Learn about swimming, biking and running safety. List at least three safety rules for each.

-
1. Visit a biking, running, swimming or triathlon store to find out about the equipment needed for a triathlon. How much does a top-of-the line bike cost? Ask about the latest swim suits to learn how innovative new materials can help you swim faster. Also investigate the latest trend in competitive wetsuits, running shoes, cycling shoes, triathlon apparel and/or sunglasses/eyewear.
 2. Test yourself. Go for a run, swim and bike ride. How far did you go? Which was easiest for you? Which was hardest? Find some exercises that can help improve your strength and stamina. Do the different sports need different exercises?
 3. Get fitted for a pair of running shoes. Sore and tired feet may be a result of an improperly fitted or tied shoe. Learn the correct way to tie a pair of running shoes. What type of foot do you have (do you supinate or pronate)? What type of shoe will work best for you? How long should a pair of shoes last?
 4. Begin a training program to prepare to do a triathlon individually or with your troop (relay). Design a program which incorporates all three sports, fits your schedule and builds your skills.
 5. Participate in a race on your own. It can be any distance, but make it fun and not too long. Share your experience with your family, your troop or at your school
 6. Not quite ready to take on a full triathlon? Set your personal goal, design and follow your own training. Create a training logbook that's artistic and fun, then set up an exercise schedule. Leave plenty of space to write about your feelings and to chart your progress. Share your goals with others!

7. San Diego is the capitol of triathlon. Visit www.triclubsandiego.com to find out where triathletes train in your community. Locate, and then list three possible training locations for each discipline (swim, bike, run). Visit at least one location to see the equipment used. Maybe even take a class!
 8. Research the history of triathlon. Who started the sport, what state held the first “official” triathlon? What year did it start? At which Olympics did the sport of triathlon debut?
 9. Invite a triathlete to speak to your troop/group. How did he/she get started? What distance does he/she do? Learn about how to train for a triathlon. How important is safety? Find out about careers in triathlon by interviewing them. Find out how much training a pro-triathlete might do each week.
 10. Identify a female triathlete and follow her progress during the season. You may choose someone well known, or someone you know (friend, relative, neighbor). Support her by writing e-mails, or make a poster to wave while you watch her race. Ask her how she got started and why she does triathlons.
-

POWER UP

1. Volunteer to help at a triathlon, running race, biking or swim meet. Staff a water table, help at an aid station or help by being a timer or whatever is needed.
2. The Challenged Athletes Foundation sponsors triathlons where able and disabled athletes compete as teams. Volunteer as a teammate, support staff or just go and cheer the athletes. For more information www.challengedathletes.org.

