



Thin Mint Sprint Marathon Patch



The Thin Mint Sprint Marathon Council Patch is an opportunity for girls, troops, adults and families to train for a marathon and then participate in a local event.

Requirements:

Discover! (Do 1 of the following)

- Visit a local running store and talk to someone about training for a 5k race or longer, the equipment needed (shoes, water bottles, pedometers, clothing, etc), existing running clubs, and local events.
- Research online about training for a 5k race or longer, equipment needed (shoes, water bottles, pedometers, clothing, etc), existing running clubs and local events.
- Invite someone from a running club to your Girl Scout Troop meeting to discuss training for a 5k race or longer, the equipment needed (shoes, water bottles, pedometers, clothing, etc), existing running clubs, and local events.

Connect!

Based on what you learned about training for a 5k, log your exercise on the attached form until you have trained for 26.2 miles (a full marathon).

Take Action! (Do 1 of the following)

- Sign up to participate in a local 5k. (Attach a copy of registration form to the training log.)
- Volunteer for a local 5k, 10k, marathon or running event. (Attach a copy of the event flyer to the training log.)

Bring the training log and copy of event information to any GSCP2P Council shop and purchase the Thin Mint Sprint Marathon patch.



Questions? Email: Valerie Wooten at vwooten@girlscoutsp2p.org



Thin Mint Sprint Marathon Patch Program
Training log for _____

INSTRUCTIONS: Fill in the date for each **1/4 mile** you complete. For example—if you walk 1 mile on Oct. 27, you would put 10-27 on 4 lines.

Each girl, adult, and family member should have their own training log and have an adult sign off for each mile.

				Adult signature
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 1 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 2 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 3 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 4 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 5 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 6 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 7 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 8 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 9 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 10 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 11 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 12 _____
_____ Insert Date	_____ Insert Date	_____ Insert Date	_____ Insert Date	Mile 13 _____

Continue log on page 2

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Patch Program Log Sheet



Keep up the great work—you are 1/2 way to completing a MARATHON!

Adult signature _____

Insert Date	Insert Date	Insert Date	Insert Date	Mile 14 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 15 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 16 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 17 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 18 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 19 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 20 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 21 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 22 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 23 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 24 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 25 _____
Insert Date	Insert Date	Insert Date	Insert Date	Mile 26 _____

GREAT JOB—YOU JUST COMPLETED A MARATHON!

Bring the training log and copy of event information to any GSCP2P Council shop and purchase the Thin Mint Marathon patch.

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