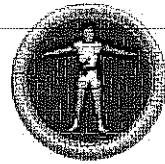


Golden Eagle Family Fitness Fun Day



What: Golden Eagle Fitness and Fun Day.
Where: Cameron Elementary – 1225 E. Cameron Ave., West Covina, CA 91790
When: **Saturday, September 25, 2010 7:30 AM to 4:00 PM**
Cost: \$26.20 per participant (for Tigers and Cub Scouts this fee covers both the scout and his adult partner.) \$12.00 for non-scouts covers pinewood derby or rain gutter regatta. **Lunch is included for all.**



Events: Marathon, Rain Gutter Regatta, Pinewood Derby, Dutch Oven and Chili Cook-Off.



Recognition : Each marathon participant will receive a commemorative patch.

There will also be recognition in each of the categories in the Derby and Regatta.

Both the Pinewood Derby and Rain Gutter Regatta competition will have categories for Tiger Cubs, Cub Scouts, Webelos Scouts, Boy Scouts, Ventures, and yes Adult Leaders.

The day will begin with participants completing the last 1.2 miles of a 26.2 mile marathon. Participants will then be able to race their Pinewood Derby Cars, Rain Gutter Regatta Boats and build and fly kites.

Prior to the event participants need to complete the first 25 miles of their Marathon. Scouts and adults of all ages and ranks can participate by running or walking the required distance. Tigers and Cub scouts should do this with their parent partners. Logs should be kept to document their progress. Dens and individual Boy Scouts can use this as part of their fitness program to meet rank requirements or earn the personal fitness merit badge (check with your counselor)

Scouts and units can raise the entrance fees by getting sponsors for mileage walked similar to the walk-a-thons conducted by elementary schools, conduct recycling campaigns collecting aluminum cans, conduct bake sales, etc

For additional information, call Pete Honea at 1-909-762-2951

*****Cut Here & Return with payment*****

Please complete the form below, and make Check payable and mail to:
SGVC-BSA, 3450 East Sierra Madre Blvd., Pasadena, Ca. 91107.

Event Code: #514
 Fitness Fun Day

Name: _____

Address: _____ City: _____ Zip: _____

Phone: _____ E-mail _____



Unit #: _____ Position: _____ Amount enclosed: _____

Tiger w/ parent Boy Scout
 Cub w/ parent Venturer
 Webelos Non Scout Adult Name: _____

Golden Eagle District – SGVC Fitness Marathon 25.0 Mile Log

Name: _____ Unit # _____ [] Pack [] Troop [] Venture
 [] Tiger Scout [] Cub Scout [] Boy Scout [] Venture Scout [] Adult

Week 1:

| Date: | Miles completed Run/Walk |
|--------------|-----------------------------|
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| | |
| | |
| | |
| Total miles: | |

Week 3:

| Date: | Miles completed Run/Walk |
|--------------|-----------------------------|
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| | |
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| | |
| | |
| | |
| | |
| | |
| Total miles: | |

Week 2:

| Date: | Miles completed Run/Walk |
|--------------|-----------------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| Total miles: | |

Week 4:

| Date: | Miles completed Run/Walk |
|--------------|-----------------------------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| Total miles: | |

Grand total miles completed: _____



Duplicate copies as needed to complete a total of 25.00 miles – Then complete the final 1.2 miles at the event for a total of 26.2 miles. START NOW.....

Page ____ of ____