



Scouting Steam Running Program Merit Badge Standards

1. Must attend a minimum of 8 sessions of Scouting Steam (weekly attendance will be recorded.)
2. Sit-up and push-ups will be recorded by each Scout every two weeks.
3. If you are working toward the merit badge, you must meet with your running leader at 5:30 weekly, ready to run in suitable running attire. (see #7 & 8)
4. You must be keeping a running and activity log outside of your weekly Scout training. Be prepared to discuss your weekly progress with your running leader.
5. **Participants must run in the upcoming race as part of the Scouting Steam requirements. If you are out of town the day of that race, you will be required to find a race in the following three months to participate in. For more race information, visit the Lake Run Club website at www.lakerunclub.org or Illinois Valley Striders at www.ivs.org. (If the race times are published, it is good to include that in your merit badge packet.)**
6. Scouts working towards the merit badge must come prepared to the final meeting – Includes merit-badge worksheet, running log, etc.
7. Participants are advised to wear your Scouting Steam running shirt every week. It helps to identify who is in the Scout groups.
8. Participants are advised to wear appropriate running attire. Running shirt will be provided. (ie. running t-shirt, shorts or cotton pants, socks, tied-gym-shoes – no jeans, boots, flip-flops or other items that may cause injury)
9. It is recommended that Scouts **bring a water bottle** with them. It is sometimes provided and sometimes not. ***Be Prepared!***

10. To download the Merit Badge packet go to:

<http://www.scouting.org/boyscouts/advancementandawards/meritbadges/mb-PERF.aspx>