

Race #1: The “Speedwalker”

Runner: Your task is to speedwalk from the starting point to the ending point. Don’t speed up or slow down, and don’t stop!

Timer: Your task is to record the total time the run took, in seconds.

Total Time:	
-------------	--

Facilitator: Your task is to make sure the runner and timer know what to do, and make sure that it’s done correctly.

Race #2: The “Which Way Do I Go?”

Runner: Your task is to run halfway down the field - turn around and run back - and finally, complete the whole run.

Timer: Your task is to record three times: when the runner got to the middle of the field, when they got back to the starting point, and when they got to the end of the field.

Time when they reached the middle:	
Time when they reached the starting point:	
Time when they reached the end:	

Facilitator: Your task is to make sure the runner and timer know what to do, and make sure that it’s done correctly.



Race #3: The “Drop and Give Me 3”

Runner: Your task is to run halfway down the field, then stop and do 3 push-ups (girl or guy style), then continue running to the end of the field.

Timer: Your task is to record three times: when the runner got to the middle of the field and stopped, when they started running again, and when they got to the end of the field.

Time when they reached the middle:	
Time when they started running again:	
Time when they reached the end:	

Facilitator: Your task is to make sure the runner and timer know what to do, and make sure that it's done correctly.

