



## Thin Mint Patch Program

Girls of all ages are invited to participate in earning a Thin Mint Sprint patch by participating in the Thin Mint Sprint 5K Run/Walk & Health Expo, on April 8, 2017, in Mobile. There are multiple levels for girls of all ages and abilities! **Be sure to turn in this Patch Program form and Thin Mint Race registration form by March 31, 2017 to ensure your patch is at the race.**



**Marathon:** Complete a “Marathon” (26.2 miles!) just like professional runners by taking it one “bite at a time”. Girls simply need to complete a log of running or walking for a total of 23 miles prior to April 8<sup>th</sup>, then run or walk the 5K Thin Mint Sprint (3 miles) on April 8<sup>th</sup>, to complete their very own marathon! Girls will earn the **Thin Mint Sprint Marathon Patch!**

**5K:** Not ready for the full marathon? Try a 5K in the same way by completing a log of running or walking for 2 miles prior to April 8<sup>th</sup>, then run or walk the Thin Mint Sprint One Mile Fun Run! Girls at this level will earn the **Thin Mint Sprint 5K Patch!**

**Volunteer:** Want to be a part of all the excitement and want to be a volunteer? Girls can volunteer for a variety of fun activities like cheering at the Finish Line or working at the Health Expo. Girls at this level will receive the **Thin Mint Sprint Volunteer Patch!** Please note that most volunteer jobs would interfere with participation in the race.

**Participation:** Run, walk, skip, jog or even dance through the Thin Mint Sprint 5K or Fun Run and earn the **Thin Mint Participation Patch!**

\*To participate in the Thin Mint Sprint and patch program, you must complete the **Patch Order Form below** and the **Thin Mint Sprint Registration Form with applicable fee**. Race participants also receive a T-shirt and are eligible for other race awards.

Submit forms to [k.edmondson@girlscoutssa.org](mailto:k.edmondson@girlscoutssa.org), fax 251-344-4181 or mail to Mobile Service Center, 3483 Springhill Avenue, Mobile, AL 36608 by **March 31, 2017**.

Don't forget: to receive the Marathon or 5K patch, you must turn in your **Training Log** on race day!

### Extra Thin Mint Fun!

**Troop Award:** Recruit family and friends to register under your troop number to increase your chances of winning this award! Be a part of the largest registered troop completing any combination of the 5K or Fun Run to earn a special **Troop Award**. Just be sure to have all your family and friends put your troop number on their race registration form!

### Troop Information

Leader Name: \_\_\_\_\_ Troop# \_\_\_\_\_ Service Unit \_\_\_\_\_

Phone: Home# \_\_\_\_\_ Work# \_\_\_\_\_

Cell# \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Grade Level:  Daisy  Brownie  Junior  Cadette  Senior  Ambassador

### Patch Information

Marathon Patch: Quantity \_\_\_\_\_

5K patch: Quantity \_\_\_\_\_

Volunteer patch: Quantity \_\_\_\_\_

Participation patch: Quantity \_\_\_\_\_

# Thin Mint Marathon & 5K Patch Program

Instructions to earn a Thin Mint Marathon or 5K Patch:

1. Register for the Thin Mint Sprint 5K/Fun Run.
2. Find a buddy to run/walk with you. You could ask your Girl Scout troop, a family member or another friend.
3. Find a safe place to run/walk, like a park, school, gym, or a neighborhood with sidewalks. Measure your course so you can keep track of your mileage.
4. Make a plan to walk, run, skip or jog regularly to complete a total of 23 or 2 miles before the date of the Thin Mint Sprint event. Each time you complete  $\frac{1}{2}$  mile, record that date in your log, and ask an adult to sign off for each mile you complete.
5. Complete your Thin Mint Marathon or 5K by participating in the 5K or Fun Run at the Thin Mint Sprint.
6. Bring your completed running log to the Girl Scout registration table at the Thin Mint Sprint to exchange for a Thin Mint Marathon or 5K patch.

**For more information on the Thin Mint Spring event**, call 251-344-3330 (or 334-272-9164), ext. 1202 or visit [girlscoutssa.org](http://girlscoutssa.org).

Thin Mint Training Log		
This Thin Mint log belongs to:		
Name:	Troop #:	
1/2 mile	1/2 mile	Adult Signature
Date:	Date:	1 mile
Date:	Date:	2 miles
Date:	Date:	3 miles
Date:	Date:	4 miles
Date:	Date:	5 miles
Date:	Date:	6 miles
Date:	Date:	7 miles
Date:	Date:	8 miles
Date:	Date:	9 miles
Date:	Date:	10 miles
Date:	Date:	11 miles
Date:	Date:	12 miles
Date:	Date:	13 miles
Date:	Date:	14 miles
Date:	Date:	15 miles
Date:	Date:	16 miles
Date:	Date:	17 miles
Date:	Date:	18 miles
Date:	Date:	19 miles
Date:	Date:	20 miles
Date:	Date:	21 miles
Date:	Date:	22 miles
Date:	Date:	23 miles