

### Bronze Medal Requirements

- 4 Books from list
- 4 miles
- 1 hour Service Project \_\_\_\_\_

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Parent Signature: \_\_\_\_\_

### Silver Medal Requirements

- 8 Books from list
- 8 miles
- 1 hour Service Project \_\_\_\_\_

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Parent Signature: \_\_\_\_\_

### Gold Medal Requirements

- 15 Books from list
- 12 miles
- 1 hour Service Project \_\_\_\_\_

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Parent Signature: \_\_\_\_\_

### WHAT IS THE TRIATHLON CHALLENGE?

Any student can work to complete the bronze, silver, and gold levels of the Legacy Triathlon Challenge. Students who complete a level will receive a medal and have their name listed on our school's Triathlon Challenge chart. The three components of the challenge are Reading, Running, and Citizenship.

#### READING

Read books from the book list for your grade level in the library. Lists are geared toward the reading and interest levels for each grade.

#### RUNNING

Students can participate each week in the Legacy Running Club. Track the laps you run/walk. Students must complete 4 miles for bronze (16 laps), 8 miles for silver (32 laps), and 12 miles for gold (48 laps). The Running Club is offered twice a week during lunch recess while weather allows. Students who wish to complete this component will need to be consistent all year to reach their goal.

#### CITIZENSHIP

Good citizens look for opportunities to help others. Students must participate in a service project to complete this challenge. The project should benefit our school or community. It is up to you, your parents, and your teacher to decide how you will serve. Just write down what you did. Your parents sign you off for completion of your projects.

When you complete a level, turn in your Triathlon Challenge brochure to Mrs. McAllister. She will make a copy of your progress and return it to you so you can start tracking the next level. Good luck with your Triathlon!



**1ST GRADE**

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

# 1ST GRADE READING CHALLENGE

Books need to be selected from the 1st grade reading list located in the Media Center or on our school website <http://legacy.alpineschools.org>. Books must be read during this school year to count.

Name: \_\_\_\_\_

Teacher: \_\_\_\_\_

**BOOK TITLE**

**PARENTS INIT.**

**BOOK TITLE**

**PARENTS INIT.**

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