

# Junior PARK RANGER



# Endurance Badge



Ranger Russ

Junior Rangers must complete each section in "ENDURANCE" to qualify for the Endurance patch:

- 1. :20 Second Challenge
- 2. :30 Second Challenge
- 3. :40 Second Challenge
- 4. Take Two Virtual Bike Rides
- 5. Take The Virtual Bike Ride Quiz
- 6. Sidewalk Obstacle Course

Once you have completed the ENDURANCE activities please submit them all in one email to JrRangerClub@portagemi.gov, and in the Subject line write ENDURANCE and your name to receive your ENDURANCE Badge! You can also mail or drop off items to the address on the main page. If you need any need any assistance email Ranger Russ at phillipr@portagemi.gov or call 269-329-4522.

*You are on your way to becoming a City of Portage Junior Ranger!*

## 1. :20 Second Challenge

Do the exercises below for :20 seconds each and see how many times you can complete each one. Do this for three days, keeping track each day then write down your final results in the blank boxes below. (Send the page to us for registering your official scores.)



EXERCISE	#	EXERCISE	#
Push-ups		Side Lunges	
Sit-ups		Jumping Jacks	
Mountain Climber		Ab Crunches	
Wall Sit		Plank	

Not sure what these exercises look like? Check out the links below.

## Exercise Video Links

- [Push-Ups](#)
- [Sit-Ups](#)
- [Mountain Climber](#)
- [Wall Sit](#)
- [Side Lunges](#)
- [Jumping Jacks](#)
- [Ab Crunches](#)
- [Plank](#)

### Tips For Success:

1. Eat Breakfast
2. Stretch Before Exercising
3. Drink Water
4. Cool Down Between Exercises
5. Work Out Only 3 Days In a Row

## 2. :30 Second Challenge

Wait a day after completing the previous challenge, then do the exercises below for :30 seconds each. See how many times you can complete each one. Do this for three days, keeping track each day then write down your final results in the blank boxes below. (Send the page to us for registering your official scores.)



EXERCISE	#	EXERCISE	#
Push-ups		Side Lunges	
Sit-ups		Jumping Jacks	
Mountain Climber		Ab Crunches	
Wall Sit		Plank	

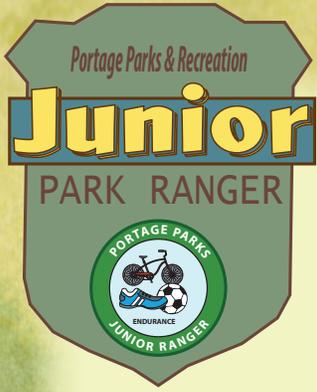
## 3. :40 Second Challenge

Wait a day after completing the previous challenge, then do the exercises below for :40 seconds each. See how many times you can complete each one. Do this for three days, keeping track each day then write down your final results in the blank boxes below. (Send the page to us for registering your official scores.)



EXERCISE	#	EXERCISE	#
Push-ups		Side Lunges	
Sit-ups		Jumping Jacks	
Mountain Climber		Ab Crunches	
Wall Sit		Plank	





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## 4a. Virtual Bike Tour: Bicentennial

Follow Ranger Russ on a virtual bike tour along the Portage Creek Bicentennial trail.

**Coming Soon!**

**Bicentennial Bike Tour Video**

## 4b. Virtual Bike Tour: Eliason

Follow Ranger Russ on a virtual bike tour along the Eliason Nature Reserve trail.

**Coming Soon!**

**Eliason Bike Tour Video**

## 5. Virtual Bike Tour Quiz

1. What is the speed limit on Portage trails?
2. What side of the trail should you ride on? The right or left? (Circle one)
3. When passing other trail users, you should:
  - a) Slow down
  - b) Announce passing on the left
  - c) Proceed as normal.
  - d) Announce passing on the right.
4. Is it okay to ride off the designated trails? Yes or No (Circle one)
5. Who should wear a helmet when riding a bike?
6. What is an example of a sign you might see on the trails?
7. If you have to stop for any reason, what should you do?
8. All dogs on the Portage trails must be on a leash measuring 6 feet or less. True or False (Circle One)
9. How many bikes should ride side by side on the trails?
10. Tell Ranger Russ something else you learned or may have noticed when riding with him.

1. 15 MPH, 2. The Right, 3. Both A & B, 4. No, 5. Everyone, 6. Delinicator sign, 7. Move off to the should of the trail, 8. False, 9. Only two, 10. Anything new you have learned or noticed.

## 6. Sidewalk Obstacle Course

This is an easy way to make an obstacle course and only use chalk! Using an 8 ½ x 11" piece of paper, draw your own obstacle course for a sidewalk or your driveway (ask your parents). Once you have designed your course, go outside and try it out and let us know how long it takes you to complete the course and send us your design. The best designs we will put on Facebook and have a virtual competition and time to beat based on your best score!

Make another obstacle course outside with things you have at home. Run your course and let us know your best time and send a photo of your course layout to share with others.

