



IRON MAN CHALLENGE

Designed to challenge older scouts and leaders, the Iron Man Challenge will test one’s mind and body as they work through the variety of challenges to prove fit for the title of “Roosevelt Iron Man”. To earn this prestigious and highly coveted award, those embarking on the journey will have to complete the listed requirements bellow.

Those who prove themselves and complete the Iron Man will be presented with a unique and highly sought after patch during the closing campfire. The deadline to turn in this completed form is **6pm on Friday at McKeever Lodge.**

SCOUT PROFILE: (Complete all challenges in this area)	TO BE INITIALED BY	INITIALS
Be of at least 13 years of age or older	Scoutmaster	
Currently hold the rank of 1 st class or above (or) be registered as an adult leader within your troop	Scoutmaster	
STRENGTH: (Complete 3 of the following challenges in this area)		
Complete the Paul Bunyan Award	Scoutcraft Director	
Complete 2 successful climbs up the climbing wall	Climbing Director	
Win an individual event at the Aquatics Meet	Aquatics Director	
Participate in the Nature Conservation Project	Nature Director	
Complete the Mile Swim	Aquatics Director	
ENDURANCE: (Complete 4 of the following challenges in this area)		
Complete the Quarter Mile Swim each day (Mon-Thurs)	Aquatics Director	
Complete the 50 mile bike ride on Friday	Cycling Director	
Complete Project C.O.P.E. during this week at Roosevelt	C.O.P.E. Director	
Earn a 40 point scored target at the Rifle Range	Shooting Sports Area Director	
Earn a 30 point scored target at the Archery Range	Shooting Sports Area Director	
Stick 3 Throwing Knives or Tomahawks into the target	Range Director	
KNOWLEDGE: (Complete 2 of the following challenges in this area)		
Complete the Knifty 50 knot tying challenge	Scoutcraft Director	
Complete the Great Leaf-Off challenge of 50 leaves	Nature Director	
Sit and contemplate whether or not you are a champion	Yourself	

Date: ___ / ___ / ___ **Week:** ___ **Troop:** ___ **Name:** _____