





## Runathon 2017 Rules

It is the responsibility of the each runner to be aware of and comply with the Runathon rules.

- 1 The challenge will run each month for 10 months (one month for each year the club has been going), from 1st February to 30th November 2017 inclusive.
- 2 For each of the ten months there will be a “runner of the month” for the total distance and a “runner of the month” for the height gained.
- 3 At the end of the 10 months overall winners will be selected based upon the best performance in total distance and total height gained over the whole 10 month period.
- 4 The challenge will be based solely on data logged that is uploaded to Strava (so you will need to have a Strava account and wear your data collecting device for each run).
- 5 The challenge will only be valid for data relating to running only. Any data relating to cycling or any other non-running activity will not count.
- 6 A runner will need to declare that they wish to participate in the Runathon.
- 7 A runner can join the Runathon challenge at any point, but only data from the point of declaration onwards will count.