



## **ABOUT**

Our facility may be closed but the outside is free for the taking! Compete in our Virtual Run & Hike Series by completing at least half of our running or hiking routes. We feature twelve routes for beginners and advanced runners and twenty-four hikes all across Nashville! To participate, [REGISTER HERE](#) with the Strava app to track your runs or hikes. Once the competition is over those who have completed at least 12 runs &/or 12 hikes will receive a prize!

## **REGISTRATION**

1. Select the hyperlink above or go to <http://strava.com/clubs/bufitrec>
2. Click 'Sign Up' in the top right corner.
3. Complete the requirements to set up your account.
4. Next, select 'Request to Join' located underneath the club profile. BU FitRec will accept your request and you are in!

## **REQUIREMENTS**

- Once registered and your request has been accepted, check out our club runs and hikes.
- To complete either challenge, all you have to do is complete half the runs or hikes.
  - You are NOT required to complete them in a particular order.
  - For the virtual runs, you are NOT required to only run beginner or advanced routes. Feel free to mix them up!
- You are REQUIRED to track your runs or hikes through Strava to receive a prize.
- For each run or hike to count towards the competition, follow the Strava steps below.

## **STRAVA**

Follow these steps to record your routes.

1. Download the Strava app and login.
2. Go to the BU FitRec Club and select the run or hike you would like to complete amongst the club events. Now select "I'm in."
3. Then select 'View the Route' and 'Use Route.'
4. Select the middle icon above 'start' to make sure you have selected either 'run' or 'hike' then hit 'start.'
5. Now begin running or hiking!
6. Afterward, label your run or hike the same name as the route you completed.
  - For example, the run route you just completed is labeled 'Run #1 - Hit the Quad,' you will label your activity 'Hit the Quad.'



### **COVID-19 RULES**

- You are required to wear a mask while on campus.
- Please abide by the CDC Guidelines, state and local laws when completing these challenges.

**\*\*\*The Department of Fitness & Recreation has the right to intervene & remove participants during any competition\*\*\***