

Event rules: Go the (Social) Distance – for Impetus

General:

- Team entry: There is a maximum of three people per team. You can decide your respective teams before entering, or simply find out who within your company is interested in the event. From here, Impetus can create the teams.
- Individual entry: Entrants in this category will have their own leaderboard
- Activities can be completed outside or using treadmills, static bikes etc

Uploading evidence:

There are two options to ensure Impetus can record your activities. Both will require you to log your activity using a fitness tracker (for example Strava, Fitbit etc)

- **Option 1:** Please join the Strava Club: [Go the \(social\) distance – for Impetus!](#) Impetus will be monitoring the club and will record everyone's activity for the leaderboards. *Impetus can help set up your Strava account*
- **Option 2:** When you have completed each run, walk, swim or cycle – please send a screenshot of the completed activity's summary to events@impetus.org.uk. Impetus will record the effort and update the leaderboards. Please see page 3 for an example of what to send Impetus.

Distance based challenges:

- Each recorded walk, run, cycle and swim must be a dedicated effort. For example, you can't submit your logged steps over the course of a normal day
- 'Moving time' from the activity will be noted, as opposed to 'elapsed time'

Distance equaliser and scoring system:

- Clearly, it takes a lot more effort to swim 100m than it does to cycle the same distance, so we have employed an 'equaliser' based on the Olympic triathlon distances. For each effort, the following scoring system will be used:

Swim:	Total points:
150m	1 point
1.5km	10 points
Run/Walk:	Total points:
1km	1 point
10km	10 points
Cycle:	Total points:
4km	1 point
40km	10 points

- As part of a traditional Olympic triathlon, competitors would have to complete: 1.5km swim, 40km cycle and a 10km run. Using these distances, we have attributed 10 points for each Olympic distance 'moved'. For ease, the above table also shows the distance required to acquire 1 point

Speed based challenges:

- To ensure we capture a set time for each effort, participants must complete their challenge starting from 0km. We will also accept any relevant efforts which have been highlighted by your fitness app. However, Impetus will not be able to calculate potential speed-based times as part of longer runs, cycles or swims – *unless highlighted by your fitness app*
- We encourage all participants to seek out a relatively flat route for their challenges. It is not possible for us to ensure all efforts are 'fair' regarding participants choosing a largely downhill route. As such, we will rely on each participant to avoid routes which give them an unfair advantage

Super Sunday – 18 October:

- Over the entire course of Sunday 18 October, all activities completed by all individual participants and team members will count for double points
- As part of the Super Sunday family day, all kids' activities will also contribute to your total. Kids can walk, run, cycle, trike or swim. *Please note, kids' activities won't count as doubled points*

Super Sunday – 25 October:

- In advance of Sunday 25 October, please notify Impetus who you wish your team's champion to be. Please do so by midday on Friday 23 October. Over the entire course of Sunday 25 October, all activities completed by your team's champion will count for double points. *If you are an individual participant, this will automatically apply to you.*

COVID-19:

- Please make sure you follow the latest government advice around exercise and social distancing concerning coronavirus



Please don't hesitate to get in touch with our Events team, if you have any questions.

Events@impetus.org.uk or 020 3474 1057


Example of an activity summary:

📶 BT 📶 08:52 📶 52% 🔋

◀ Feed Run ⬆️ ⋮

 
👤 July 7, 2020 at 8:47 PM






Evening Run



Distance: 10.00 km | Avg Pace: 5:24 /km

Moving Time: 54:05 | Elevation Gain: 173 m

Calories: 1,080 Cal | Max Elevation: 105 m

 Feed  Explore  Record  Profile  Training