2026 iRUN Running Season – Runner Guidelines

Event Dates & Time

- **When:** October 5 – December 9, 2026
  - Mondays 16:00 – 18:00
  - Wednesdays 16:00 – 18:00
- **Check-in Location:** Platform in front of the Gymnasium
  - Check-in closes **20 minutes before** each session ends.

1. How the Event Works

1. **Choose your session each week**
   Two weekly sessions are offered. Runners may join either Monday, Wednesday, or both in the same week.
2. **Attendance requirement for prizes**
   - The event lasts **10 weeks**.
   - You must attend at least **7 separate weeks** (not just 7 total visits) to qualify for any prize.
     - *Example A:* Came 10 times but only on 5 different weeks → **Not eligible.**
     - *Example B:* Came 7 times across 7 different weeks → **Eligible.**
3. **Bring your iRUN Passport**
   Show the photo page at check-in (no need for student or staff ID). Staff will confirm your identity and stamp a **Start Stamp** on the back of your right hand.
4. **Route**
   Gym → Baseball Field → Chung-I Gym → East Badminton Hall → North Gate → Gym.
   (Reverse direction will not count.)
5. **Checkpoints & Color Strings**
   Pick up a color string at each checkpoint from staff in yellow vests:
   - **Checkpoint A:** Near Chung-I Gym parking entrance
   - **Checkpoint B:** Diagonally across from East Badminton Hall
6. **Finishing a lap**
   Back at the gym, hand both strings to staff to record one lap.
   - If running another lap, tell the staff; they will add another Start Stamp to your hand.

7. **End of your session**
   Show your passport at the **Record Station** (front of gym). Staff will count your Start Stamps and add the same number of **Finish Stamps** to your passport.
8. **No lap limit**
   Run as many laps as you like, but listen to your body and stay safe.
9. **Weather changes**
   If bad weather is expected, the Sports Office will announce any suspension **at least 1 hour before** the start on the NYCU Sports Office website or the NYCU Guangfu Campus Facebook page.
   - Any canceled session will be **rescheduled to December 14 and/or 16**.

2. Important Notes

1. Bring your own drinking water. Do not bring valuables; the organizer is not responsible for lost items.
2. **No sessions on:**
   - October 26 (Taiwan Retrocession Day long weekend)
3. Sessions on November 11 (Sports Day preliminaries) and November 18 (Sports Day finals) will be held as usual.