



University of Michigan Department of **Recreational Sports**



Run For Fitness

The *Run for Fitness* program is patterned on progressive distance running based on the aerobic theory to strengthen the cardiovascular system, heart, lungs and circulatory system by gradually expanding one's capacity to handle stress. This program should provide sufficient exercise to significantly improve the strength and running endurance of regular participants.

Progress charts for *Run for Fitness* participants are posted at the CCRB, NCRB and IMSB. Mark a small square for every 1/4 mile you run. Long distance runners may choose to mark a small square for every mile run. You may also count the miles that you run elsewhere. Mileage goals must be completed within the academic year (September 1 - August 31).

Mileage certificates will be awarded for running 50, 100, 500, 750, 1,000, 1,500 and 2,000 miles.

When you have reached a specific mileage goal, please fill out the lower portion of this form and submit it to the CCRB, NCRB or IMSB main business office. *Run for Fitness* certificates may be picked up ten days after submitting an application.

1. Please print your **name, telephone number** and the **number of miles** you have completed:

_____ name (as you would like it to appear on certificate) _____ phone _____ mileage

2. Please circle the **facility** at which you would like to pickup your certificate:

CCRB NCRB IMSB

By my signature, I certify that I have completed the above-listed miles in the *Run for Fitness* program. I understand this is a cumulative total and that I may continue to apply for mileage certificates after completing designated distances as indicated by the program's description.

_____ signature _____ date