

# FUN RUN

## OBJECTIVES:

- Get up early
- Get some exercise
- Discover new places
- Enjoy some spontaneity
- Share a social experience

## RULES:

### 8:50 - PROMPT SUBMISSION / WARM-UP

Each runner brings 16 prompts divided equally into the following three categories:  
(see prompt guidelines below)

- Directional (10, ORANGE) {for use in first half}
- Spontaneous (3, YELLOW) {for use in second half}
- Social (3, PINK) {for use in second half}

### Prompt Guidelines:

- Runners may not stop, only jog on the spot
- Runners may not employ the use of any form of drug or stamina-enhancing parafanalia
- Runners may reject any prompts they receive if believed to be in jeopardy of fun

Runners must deposit prompts in the fun bag

Honker is randomly selected / volunteered and issued with fun horn and fun bag

### 9:00 - COMMENCE FUN RUN

- Honker determines route spontaneously unless prompts suggest otherwise
- The sounding of the fun horn indicates the implementation of a new prompt
- Runners must take it in turns to sound the fun horn at spontaneous intervals
- The Honker always and runners must always follow

### 9:20 - TURN AROUND

- Using newly acquired geographical knowledge runners must work together to return intuitively to start point
- Implement spontaneous and social prompts at the random sounding of the fun horn

### 9:30 - FINISH / WARM DOWN

- Discuss fun run with fellow runner whilst stretching and warming down
- Take newly acquired energy and use throughout the day