

UNIVERSITY OF OREGON • PE & RECREATION  
Outdoor Pursuits Program  
- **Fitness Tests** -

Requirements

All participants must meet the fitness requirements of a course, such as the running test, within the term and prior to participation in any outing(s). Only a Director may make an exception. Minimum running standards include a two mile run in:

- Twenty minutes for Backpacking, Backcountry Navigation and Snowcamping;
- Eighteen minutes for Mountaineering, Ice Climbing and other advanced backcountry outings.

Running Locations

Course instructors must select a suitable safe location when implementing the running test. The preferred location is 8 laps around the artificial jogging track outside of the Student Rec Center in the vicinity of the synthetic turf fields. In the event that this location is unavailable, alternate sites include:

- 2.25 times around the block encompassing the Student Rec Center, Esslinger Hall, Mac Court, Howe Field, and the track complex.
- The indoor jogging track. One lap around the track is  $\frac{1}{10}$  mile. To complete a two-mile run, students must run 20 laps.
- The perimeter road around Pioneer Cemetery. One lap covers approximately .588 miles. To complete a two-mile run, students must run 3.4 laps.

Alternatives to the Running Test

The only acceptable alternative to the running test is a hike up Mt. Pisgah's main (west) trail. The hiking time equivalent (to a 20 minute run) is 30 minutes from the gate to the top. The hiking time equivalent (to an 18 minute run) is 27 minutes.

Note: this alternative is a possibility on a case-by-case basis. It is reserved for individuals who are healthy enough to participate in the outing but who cannot, for medical reasons (e.g. knee, problems) withstand the jarring that running imparts. In addition, a member of the leadership team must be willing to monitor the test and record the results.