

**Headquarters  
United States Army, Europe, and Seventh Army  
Unit 29351  
APO AE 09014**

12 December 1991

\*USAREUR Pamphlet 215-10

Morale, Welfare, and Recreation

**USAREUR RUN FOR YOUR LIFE PROGRAM**

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Summary. This pamphlet prescribes procedures for the USAREUR Run for Your Life Program and provides information to be used for publicity (app A).

Applicability. This pamphlet applies to personnel assigned to USAREUR.

Forms. Only "-R" forms may be reproduced locally on 8 1/2- by 11-inch paper through the servicing forms management office. Other forms will not be reproduced; they will be ordered by the unit or organization publications officer from the United States Army Printing and Publications Center, Europe, or as stated in the prescribing directive.

Interim Changes. Interim changes to this pamphlet are not official unless authenticated by the Deputy Chief of Staff, Information Management, USAREUR. Interim changes will be destroyed on their expiration dates unless sooner superseded or rescinded.

Suggested Improvements. The proponent of this pamphlet is the Office of the Deputy Chief of Staff, Personnel, HQ USAREUR/7A (AEAGA-GR, 370-7818).

Users may send comments and suggested improvements to this publication on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Commander in Chief, USA REUR, AT TN: AEAGA-GR, Unit 29240, APO AE 09102.

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## **1. PURPOSE**

This pamphlet:

- a. Establishes procedures for implementing the Run for Your Life program.
- b. Provides information for program participants, unit training officers, community recreation officers, and public affairs officers.

## **2. GENERAL**

The Run for Your Life Program is designed to improve strength and endurance through graduated walking and running exercises, Military and civilian personnel and their family members may participate in the program.

## **3. REFERENCE**

Field Manual.21-20, Physical Fitness Training.

\*This pamphlet supersedes USAREUR Pamphlet 28-5, 10 February 1981.

#### **4. RESPONSIBILITY**

Community recreation officers are responsible for organizing and administering the Run for Your Life Program locally, including:

- a. Publicizing the program.
- b. Developing procedures for entering the program.
- c. Maintaining records for program participants.
- d. Distributing awards to participants through commanders or supervisors.

#### **5. PUBLICITY**

a. Community recreation officers should publicize the Run for Your Life Program frequently to reach a large audience and to maintain interest in the program. The program may be publicized through any available medium (for example, daily bulletin, information office, radio, local newspaper, poster, websites, social media, etc.). Publicity should include:

- 1) An explanation of the program.
- 2) Information on entering the program.
- 3) Locations of running areas in the community.
- 4) Names of award winners.
- 5) Other items of interest.

b. Public affairs or community recreation officers may use the information in appendix A to create a handout explaining the program. This handout should provide general information about the program and where to obtain AE Form 215-1 A- R (Run for Your Life Program Application). The handout should include a map of the community showing running areas.

c. Posters may be used to advertise the program. They should be located throughout the community, either attached to bulletin boards or set up at separate display areas. These display areas may serve as a point to distribute handouts (b above).

d. Community recreation officers are encouraged to use imagination and initiative to develop new methods of informing community members about the program. Community commanders may approve appropriate forms of advertising to publicize the Run for Your Life Program.

#### **6. ENTRY PROCEDURES**

a. Personnel may participate in the Run for Your Life Program individually or through a unit. Applicants will complete AE Form 215-10A-R and send it to the community recreation officer or designated officer in a unit. Applicants under 16 years old must have a parent or guardian sign the application. The applicant may begin the program after submitting the application. If the application is not accepted for any reason, the community recreation officer will notify the applicant.

b. Community recreation office personnel will:

1) Maintain a completed and signed AE Form 215-10A-R for each applicant (individual or unit).

2) Assign a sequential number (control number) to each application to keep track of program participants. This file will be maintained alphabetically by name or unit designation.

## 7. MEDICAL REQUIREMENTS

a. Participants over 40 years old should not begin the program without a medical checkup. The examination should include a check of blood pressure and weight, a chest x ray, and an electrocardiogram (EKG). No medical test, however, can absolutely rule out the possibility of heart disease. ·

b. Applicants whose medical history shows high blood pressure, excess weight, or an abnormal EKG must obtain medical clearance to enter the program. A certificate of the examination will not be attached to the application. The applicant verifies that the information on the form is correct by signing it.

c. Even if a person receives medical clearance to participate in this program, common sense must be used. A participant who develops symptoms such as shortness of breath, extreme and unexpected fatigue, or chest pains should stop exercising and seek medical advice. ·

d. Participants can prevent injuries by following a few commonsense measures:

1) Combat boots are not designed for running and are poor shock absorbers; boots are designed to give maximum protection in the field. Worn boot heels can create a twisting force that injures the leg joints. The maximum recommended distances for running in boots are in (a) through (c) below. Beyond these distances, only footwear designed for running should be used.

(a) Hard surface (asphalt): 1/2 mile.

(b) Medium surface (packed dirt): 1 mile.

(c) Soft surface (grass): 2 miles.

2) Running in formation requires most participants to run with a stride length that is too long or too short for their body size. Abnormal stride length causes injuries. The maximum distance for safe in-step, double-time marching is 1 mile on any surface (1/2 mile on a hard surface).

(a) Running in groups is acceptable if all runners are conditioned for the pace, but individuals should run at their own stride (out of step).

(b) Individuals not in condition for the pace or distance covered in a unit or group run should not be required to run with the group until they reach an adequate conditioning level. Running with a group creates competition that can lead to the injury or death of individuals not in condition.

## 8. RUNNING TABLES

a. The running tables (table 1) were developed for healthy men, women, and children in all stages of physical fitness. Three phases adapt the running program to individual needs: preparatory, conditioning, and sustaining. The preparatory phase is for persons who recently have led a sedentary life. The conditioning phase is for persons who have completed the preparatory phase or who have been engaged actively in a conditioning program but cannot walk/run (a combination of walking and running) 1 mile within the indicated time without becoming fatigued. The sustaining phase is for persons who can run 1 mile within the indicated time without becoming overly fatigued. There are no restrictions on the number of miles recorded daily.

b. Persons who control their own program should follow the guidelines in (1) through (6) below. Unit training officers should choose a starting phase based on how much the unit ran before starting the program and the least conditioned person in the unit.

1) The preparatory phase begins with an untimed 1-mile walk. This walk allows participants to evaluate their state of physical fitness and prevents stress fractures or shin splints. The preparatory phase helps keep participants who are in poor condition from becoming demoralized and losing interest in the program. This phase also reduces soreness and stiffness in muscles.

2) Entrants who are in good health but not in good physical condition must go through the preparatory and conditioning phases. Experienced runners who normally run 2 or more miles at a time may enter according to their present level of experience. It is important that participants do not strain, but start gradually.

3) The rate of progression in all phases is arranged to accommodate individual differences and developmental levels. When the speed is increased, the number of runs per week is reduced. When the distance or number of runs per week is increased, the time goals remain the same. The result is a constant progression of speed or distance that increases endurance.

4) Normally, the preparatory phase is 6 weeks, the conditioning phase is 9 weeks, and the sustaining phase is indefinite.

5) Participants who cannot meet the suggested time goals should repeat the previous week's run or run/walk until they can progress without stress.

6) Running schedules should be followed on alternate days. If possible, there should not be more than 2 consecutive days without running or walking.

7) During inclement weather, a stationary run may be substituted for the normal distance run. Participants can receive credit for running 1 mile by meeting the standards in table 2. Participants also may run indoors over a known distance. Eighteen laps around a standard basketball court equal approximately 1 mile. The 18 laps must be run within the established time goals in table 1.

8) The goal of the program is to progress to the sustaining phase and to continue running or running/walking at least 7 miles per week. This goal ensures development of a minimum level of physical fitness.

Table 1 USAREUR Pam 215-10  
 Run for Your Life Running Tables

Week	Times	Distance	Method	Time Goals		
				Men Under 40	Men over 40 and Women under 40	Women over 40
<b>PREPARATORY PHASE {6 weeks}</b>						
1	3	1 mile	walk	-0-	-0-	-0-
2	4	1 mile	walk	13:00	14:00	15:00
3	3	1 mile	walk/run combination	11:45	12:45	13:45
4	4	1 mile	walk/run combination	11:45	12:45	13:45
5	3	1 mile	walk/run combination	11:00	12:00	13:00
6	3	1 mile	walk/run combination	10:00	11:00	12:00
<b>CONDITIONING PHASE (9 weeks)</b>						
1	3	1 mile	run	9:45	10:45	11:45
2	3	1 mile	run	9:30	10:30	11:30
3	4	1 mile	run	9:30	10:30	11:30
4	2	1 mile	run	9:15	10:15	11:15
	2	1 1/2 miles	run/walk combination	15:00	16:30	18:00
5	2	1 mile	run	9:00	10:00	11:00
	2	1 1/2 miles	run/walk combination	14:00	15:30	17:00
6	3	1 mile	run	9:00	10:00	11:00
	2	1 1/2 miles	run/walk combination	13:00	14:30	16:00
7	2	1 mile	run	8:30	9:30	10:30
	2	1 1/2 miles	run	13:00	14:30	16:00
8	2	1 1/2 miles	run	13:00	14:30	16:00
	1	2 mile	run	17:00	19:00	21:00
9	2	1 mile	run	8:30	9:30	10:30
	2	1 1/2 miles	run	13:00	14:30	16:00
	1	2 mile	run	17:00	19:00	21:00
<b>SUSTAINING PHASE (indefinite)</b>						
The desired goal during this phase is to run 7 to 10 miles per week. The time goals listed below are the standards necessary to receive credit for this phase.						
		1 mile	run	8:30	9:30	10:30
		1 1/2 miles	run	13:00	14:30	16:00
		2 miles	run	17:00	19:00	21:00
		2 1/2 miles	run	21:30	24:00	26:30
		3 miles	run	25:30	28:30	31:30

**Preparatory Phase:**

Time: 10 minutes      70 to 80 steps per minute

**Conditioning Phase:**

Time: 12:30 minutes      70 to 80 steps per minute

**Sustaining Phase:**

Time: 15 minutes      70 to 80 steps per minute

NOTE: This table applies to both sexes and all age groups. Count only when the left foot strikes the floor. Lift feet at least 8 inches from the floor.

Adapted from Aerobics, Kenneth H. Cooper, M.D.

## 9. PROGRESS RECORDS

Each participant will maintain a progress record. This record must include, the date of each run, distance covered, time to complete the run, and cumulative distance to date. Each unit will maintain a single progress record.

## 10. RUNNING AREAS

Community recreation officers should establish convenient running areas to encourage participation in the program. Four-hundred meter tracks, if available, may be used. Courses at least 1/2-half mile long should be established at one or more locations in the community for the convenience of participants. At least one course per casern or one per housing area is recommended.

a. Areas selected for the courses should be well suited for running (level and grassy). If possible, the course should be interesting and scenic. Running areas should be marked at 1/4-mile intervals. Markers with arrows should be set up around the edge of the course to show the direction to run.

b. The community recreation officer should supervise course selection, measurement, marking, and display. The community recreation officer will check each course weekly to locate missing or damaged markers and to repair or replace them as required.

## 11. AWARDS

a. The Run for Your Life Program provides incentive awards to increase participants' motivation and progress. A mileage certificate (Run for Your Life Certificate) and a patch (fig 1) will be given to participants who run 50, 100, 200, 300, 400, 500, 750, 1,000, 2,500, 5,000, 7,500, and 10,000 miles in the program. The community recreation office must purchase patches. An individual or unit must complete the mileage within the established time goals for the appropriate phase of participation (preparatory, conditioning, or sustaining) to receive credit for an award.

b. Participants will submit their progress records to the local community recreation officer when they qualify for an award. Unit training officers will submit a progress record, signed by the commander, with a roster of personnel who participated. Awards will be sent by memorandum (fig 2) to each participant's commander or supervisor for presentation. Awards should be presented as follows:

(1) 50 to 750 Miles. A commander from company to brigade level, supervisor, or designated representative should sign and present awards for 50-, 100-, 200-, 300-, 400-, 500-, and 750-mile clubs.

(2) 1,000 and 2,500 Miles. The division, area support group, or equivalent commander or supervisor will sign and present awards for 1,000- and 2,500-mile clubs.

(3) 5,000 to 10,000 Miles. The Commander *in* Chief, USAREUR, will sign 5,000-, 7,500-, and 10,000-mile club awards. These awards represent approximately 5 to 10 years of running. Requests for this award will be sent to the Commander in Chief, USAREUR, ATTN: AEAGA-GR, Unit 29240, APO 09102.

## 12. RECORD MAINTENANCE

a. Community recreation office personnel will record awards on the back of AE Form 215- 1 A- R. These records should note the date a transmittal of award memorandum, including the certificate and patch (fig 2), was sent to the unit commander or supervisor for presentation.

b. When participants leave the community, they should pick up their records and take them to the new community. If individuals fail to pick up their records, the current recreation office should keep the records for at least 60 days to await a request for transfer of running credits to the next community.

(1) Individuals should reenter the program at the new community.

(2) If no program exists at the new community, individuals should make special arrangements with the departed community to continue under the former program.



50-Mile Club	- light blue background with white lettering	750-Mile Club	- light green background with white lettering
100-Mile Club	- dark green background with white lettering	1,000-Mile Club	- brown background with white lettering
- 200-Mile Club	- dark red background with white lettering	2,500-Mile Club	- yellow background with white lettering
300-Mile Club	- black background with white lettering	5,000-Mile Club	- dark blue background with white lettering
400-Mile Club	- silver background with blue lettering	7,500-Mile Club	- medium red background with white lettering
500-Mile Club	- gold background with black lettering	10,000 - Mile Club	- orange background with black lettering

Figure 1.. Sample **Award** Patch and Color Scheme

(letterhead)

MEMORANDUM FOR (Unit Commander or Supervisor)  
 SUBJECT: Transmittal of Award

1. Enclosed are the (distance) patch and certificate earned by (name) while participating in the Run for Your Life Program. Request you make proper presentation.
2. If ( ) has departed your command or office, request this correspondence be sent to the individual's present commander for presentation.

2 Encls (community recreation officer)

Figure 2. Sample Transmittal of Award Memorandum for Military and Civilian Personnel

## APPENDIX A -THE RUN F.OR YOUR LIFE PROGRAM

This appendix provides information for community recreation and public affairs officers on the Run for Your Life Program. The information "in paragraphs 1 through 7 may be used in a handout to publicize the program in each community.

### 1. GENERAL

a. The Run for Your Life Program is a progressive distance-running program. The program is based on the theory that the cardiovascular and cardiorespiratory systems (heart, blood vessels; lungs) are- strengthened by gradually expanding their capacity to handle stress. The program provides enough exercise to improve the strength and running endurance of regular participants.

b. The Run for Your Life Program is divided into three phases (USAREUR Pam 215-10, table 1):

(1) Preparatory Phase. Persons who do not exercise regularly or have not recently been involved in a vigorous conditioning program should start in this phase.

(2) Conditioning Phase. This phase is for persons who have completed the preparatory phase or who recently have engaged in a vigorous conditioning program but cannot run/walk 1 mile in 8:30 minutes (men under 40), 9:30 minutes (men over 40 and women under 40), or 10:30 minutes (women over 40) without undue stress or fatigue. The goal is to progress slowly through the conditioning phase to achieve a minimum goal of 7 miles per week within the time and distance goals.

(3) Sustaining Phase. This phase is for persons who are conditioned runners and can run 1 mile in 8:30 minutes (men under 40), 9:30 minutes (men over 40 and women under 40), or 10:30 minutes (women over 40) or less without becoming fatigued. The goal is to continue running at least 7 miles per week within the time and distance goals.

### 2. PARTICIPATION IN THE PROGRAM

a. All military and civilian personnel and their family members are encouraged to participate in the program.

b. The Run for Your Life Program is designed to improve physical fitness and general health. Participants should consult their physician before beginning this strenuous program. Persons 40 years old or older should have a medical checkup before beginning the program. This checkup should include a check of blood pressure and weight, a chest x ray, and an electrocardiogram (EKG). Active duty personnel may get this checkup at their dispensary.

### **3. HOW TO ENTER AND RECORD YOUR RUNNING MILEAGE**

#### **a. Entry.**

(1) Military and civilian personnel and their family members must enter the Run for Your Life

Program officially by completing AE Form 215- 10A- R (Run for Your Life Program Application) and sending it to their community recreation officer.

(2) Unit participation will be coordinated through the unit operations or training officer. Companies or large size units will:

a. Submit one entry form with a unit roster attached.

b. Have members of the unit who voluntarily choose to join the program sign the roster opposite their name and enter their age' and weight.

c. Have a unit representative (for example, training officer, first sergeant) sign AE Form 215-IDA-R.

d. Send AE Form 215-10A- R and the unit roster to the community recreation officer.

(3) Unless the community recreation officer notifies an applicant to the contrary, entries are accepted and participants may begin the program.

#### **b. Recording Scores.**

(1) Individuals. Individuals will maintain a progress record that lists the date of each run, distance, time to complete run, and cumulative distance to date. The honor system is used for recording distances and times. Participants will submit their progress records to the community recreation officer when they qualify for an award.

(2) Units. The unit operations or training officer will maintain a single progress record for the unit with the information in (1) above. After the unit completes, the required distance for an award, the progress record should be signed by the commander and sent to the community recreation officer. The progress record will include a roster of persons eligible to receive the award.

#### **4. MILEAGE CERTIFICATES AND PATCHES**

Mileage certificates and patches may be awarded as follows:

- a. Certificates and patches may be awarded to participants who complete 50, 100, 200, 300, 400, 500, 750, 1,000, 2,500, 5,000, 7,500, and 10,000 miles of running in the Run for Your Life Program. Participants must complete the mileage within the established time goals for the appropriate phase (preparatory, conditioning, or sustaining).
- b. Participants may receive credit for unlimited miles each day toward awards.
- c. On reassignment, participants may transfer credit for awards to the next community.

#### **5. CLOTHING**

- a. During duty hours, the uniform for soldiers is fatigues or a designated physical training uniform.
- b. Family members and civilians should wear appropriate exercise attire.
- c. Personnel should use good-quality footwear with adequate arch support (running or jogging shoes).

#### **6. MAXIMUM BENEFITS AND MINIMUM STRESS**

- a. Participants should warm up before running. Warmup exercises that require twisting, bending, and stretching increase the benefits gained from the program and reduce stress. Walking approximately 100 meters before and after running is highly recommended.
- b. When possible, participants should avoid running on hard surfaces such as asphalt or cement. A smooth grass area is ideal and prevents or reduces stress and pain in the ankles, knees, and lower legs.
- c. The running schedule for a week must be repeated if the time goals for the week are not met. If the running schedule for any week is extremely easy, participants may run further within the time goals.

#### **7. WHERE TO RUN**

- a. Any course or route of a known distance may be used.
- b. The following areas have been established and marked as Run for Your Life running areas: (Public affairs or community recreation officers should include a map showing those areas.)

FOR THE COMMANDER IN CHIEF:

OFFICIAL:



CRAIG A. HAGAN

Major  
General, GS  
Chief of Staff

DAVID E. WHITE  
Brigadier General, GS  
Deputy Chief of Staff,  
Information Management

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**DISTRIBUTION:**

Distribute according to requirements on DA Form 12-88-E, block 0091, intended for command level C, plus

**CINCUSAREUR:**

- 2 - SGS (1 - AEAGS-ASD; 1 - AEAGS-MH)
- 104 - DCSPER (4 - AEAGA-GML; 100 - AEAGA-GR)
- 3 - DCSIM (1 - AEAIM-AR-AR(FMO); 2 - AEAIM-UD-E)

Headquarters,  
United States Army, Europe, and Seventh Army  
Unit 29351  
APO AE 09014  
10 November 1994

USAREUR Pamphlet 215-10

**Change 1**

## **Morale, Welfare, and Recreation**

### **USAREUR Run For Your Life Program**

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For the Commander in Chief:

**ROBERT E. GRAY**  
*Major General, GS*  
*Chief of Staff*

Summary. This Change realigns presentation authorities for USAREUR. Run for Your Life Program awards.

Official:



**CHARLES G. SUITEN. JR.**  
*Brigadier General, GS*  
*Deputy Chief of Staff,*  
*Information Management*

Suggested Improvements. The proponent of this change is the Office of w Deputy Chief of Staff, Personnel. HQ USAR.BUR/7A (AEAGA-GR, 370-7410), Users may send suggestions to improve the basic pamphlet on DA Form 2028 (Recommended Changes to Publications and Blank forms) to the Commander in Chief, USAREUR, ATTN: AEAGA-GR, Unit, 29351, APO AE 09014.

Distribution, Distribute according to DA Form 12-88-E, block 0091, command level C.

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1. USARBUR. Pamphlet 215-10, 12 December 1991, is changed as follows:

Page 1, Suggested Improvements. In the third line, change "370-7818" to "370-7410"

Page 1, Suggested Improvements. In the last line, change "Unit 29240, APO AE 09102" to "Unit 29351, APO AE 09014".

Page 4, Supersede paragraph 11 as follows:

#### 11. AWARDS

a. Run for Your Life Program provides incentive awards to increase motivation and progress of participants. A mileage certificate (AE Form 215-10B (Run for Your life Certificate)) and a patch (fig 1) will be given to participants who run 50, 100, 200, 300, 400, 500, 750, 1,000, 2,500, 5,000, 7,500, 10,000 and 12,000 miles in the program. The community recreation office must purchase patches. An individual or unit must complete

the mileage within the established time goals for the appropriate phase of participation (preparatory, conditioning, or sustaining) to receive credit for an award.

b. Participants will submit their progress records to the local community recreation officer when they qualify for an award. Unit training officer will submit a progress record, signed by the commander, with a roster of personnel who participated. Awards will be sent by memorandum (fig 2) to each participant's commander or supervisor for presentation, Awards will be signed as shown in (1) through (5) below. Awards in (3) through (5) below will be presented by the participant's local commander or supervisor.

(1) 50 to 750 Miles. A company, battalion, or base support battalion commander, supervisor, or designated representative should sign and present awards for 50, 100, 200, 300, 400, 500, and 750-mile clubs.

(2) 1,000 and 2,000 Miles. The brigade, area support group, or equivalent-level unit commander or supervisor will sign and present awards for 1,000 and 2,500-mile clubs.

(3) 1,000 and 7,500 Miles. The Chief of Staff, HQ USAREUR/7A, or the division or equivalent-level unit commander will sign awards for 5,000 and 7,500-mile clubs.

(4) 10,000 Miles. The Deputy Commander in Chief, USAREUR, will sign awards for the 10,000-mile club.

(5) 12,000 Miles. The Commander in Chief, USAREUR, will sign awards for the 12,000-mile club.

c. Request for the Commander in Chief, USAREUR; the Deputy Commander in Chief, USAREUR; or the Chief of Staff, HQ USAREUR/7A, to sign awards will be sent to Commander in Chief, USAREUR, ATTN: AEAGA-GR, Unit 29351, APO AE 09014.

Page 5, figure 1. Add the following!

12,000-Mil Club - gray background with black lettering

Page A-0, paragraph 4a. In line3, change “and 10,000 miles” to 10,000, and 12,000 miles”.

2. Post this change DA Pamphlet 310-13.

3. File this change in front of the pamphlet for reference.