

2017 BP Running Club Information

The goal of the BP Running Club is to provide motivation and encourage running races to promote wellness and friendly competition among individuals and teams across BP globally. The BP Running Club has over 500 participants globally from 20 countries. Through October, 2016, Running Club participants have run 3490 races covering over 24,000 miles!

You can participate from any location. The club is open to all BP Employees and spouses or domestic partners, BP retirees and spouses or domestic partners, and long term contractors, regardless of running ability or experience.

The only commitment is to run six formal timed races 5k or longer during the season. The season runs year-round, starting on January 1 and ending on December 31. You can run all 5ks, or a mix of distances. You can run any formal race in the world that is on a measured course with timed and published results (usually on an internet site).

Everyone is on a team of 4-7 runners with one runner serving as the captain, who's main duties are to provide motivation and enter race result for the team. You can create your own team and be a captain, get yourself on a team, or we can find a team for you. The amount of time you spend with your team is completely up to you. There are no requirements. You can choose to train and race together, or train and race on your own.

Some of the runners and teams are very competitive, and others participate purely for fun or as motivation to get or stay fit. Most teams include runners of various abilities. Please do not let your running ability prevent you from joining.

For those who participate in the Staywell program for health insurance in the USA, up to 500 points can be earned for running races!

We do keep score, individually and by team! The scoring allows runners and teams to gauge their performance and improvement and provides a basis for competition.

Scoring

There are 3 scoring categories. They are listed below with a short description of each.

- 1. Participation:** Points are awarded based on the number and distance of races run. The team Participation score is the average of the individual scores.
- 2. Performance Level Percentage (PLP):** a standard method of handicapping road races which compares your time to a standard time for someone of the same age and gender (PLP=standard time/your time). The team PLP is the average of the *top five* individual scores on the team.
- 3. Virtual Track Meet (VTM):** Points are awarded based on your best times at each race distance compared to other runners, calculated for men and women separately. Team VTM is the sum (not average) of individual VTM scores.

A fourth measure, called **Performance**, combines Participation, PLP and VTM into one score.

For more information, email bprunningclub@bp.com.

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