

RUN FOR YOUR LIFE

Information Sheet Winter 2018

This information sheet is intended to provide basic information and rules for this activity. Please refer to the “Policies” link on the home page of the intramural web page for detailed information about policies and procedures of the Intramural Activities Program.

ENTRIES OPEN

January 8 – 19, 2018. **No late entries.**

REGISTRATION

All participants must register at the Intramural Office, 145 RB. Any miles run before the participant registers do not count.

ELIGIBILITY

Winter 2018 full-time BYU students (12 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay the intramural activity fee for each semester in which they participate. **Non-BYU students must be active members of a Provo young single adult (YSA) or married student ward.** Their membership records must reside in the YSA or married student ward they attend.

The intramural activity fee is paid at the Information Center in 112 Richards Building. The cost is \$25.00 per semester during fall & winter and \$20.00 for spring/summer. A BYU ID or BYU Net ID with valid picture ID is required at time of payment. This fee will enable a participant to compete in any intramural activity during the appropriate semester.

Participants on the BYU track or cross-country team may not use running miles on their mileage cards, but must use the alternatives listed under the Rules section below. Likewise, participants on the BYU swim team may not use swimming miles on their mileage cards.

RELEASE AGREEMENT

All intramural participants must complete an online [release agreement](#) before they can compete in any intramural event. Release agreements are valid for one academic school year – fall semester through summer term.

REPORTING MILES

Participants must record their miles at least once every 10 business days (starting from his or her registration date), on their mileage card located in the Intramural Office.

Due to the high volume of participants in the program, participants should report miles in person at the Intramural Office in 145 RB whenever possible. If a participant is unable to come into the office, phone-calls are permitted. When leaving a voicemail, include your first and last name, your BYU ID, as well as the number of miles completed. The secretary will return the phone call to confirm receipt of the message. If no confirming phone-call is received, it may be assumed that the secretary did not receive the message.

If a participant goes longer than 10 business days without logging miles, his or her registration may be removed from the event. Miles reported late, but within 3 business days after their deadline, will be handled in the following way:

First late report:	free to continue
Second late report:	\$5 fee to continue
Third late report:	participant is disqualified

RULES

As part of the Run for Your Life Program, participants will be expected to complete **one** of the following:

37.5 miles of swimming
150 miles of running
450 miles of bicycling

Participants may complete a combination of these three sports for an equivalent of 150 miles running, which is the standard accepted by the Run for Your Life Program. The equivalent distances are as follows:

1 mile swimming = 4 miles running
(36 Laps/72 Lengths RB Pool = 1 mile)
3 miles bicycling = 1 mile running

Participants should plan to run 15 miles a week on average. Completion of these miles and eligible mileage logging between the day of their **personal registration and March 23, 2018** entitles a participant to an Intramural Champion T-shirt. All participants are on their honor to record miles and completion dates accurately. **You must sign off your miles and pick up your shirt by 5:00pm on March 23.**

LIABILITY

All participants participate at their own risk and must acquire their own insurance.

*If you have any questions, contact Emma or Pharyn in 145 RB (801-422-7597)
or access our web page <http://intramurals.byu.edu>*