

RUN FOR YOUR LIFE

Information Sheet Winter 2020

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 6 – 17, 2020. **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

All current full-time BYU students are eligible. All current faculty, administrative staff, ¾ and full-time staff employees and their spouses are eligible.

The following are eligible with an Intramural Activity Fee: Part-time students, students on leave of absence, non-degree seeking students (Post-Baccalaureate, Evening School, Salt Lake Center, English Language Center), student employees, and spouses of students. All students are also eligible to participate for two semesters beyond the last semester in which they were enrolled in classes.

The Intramural Activity Fee is paid online @ intramuralfees.byu.edu. **Payment must be made before a participant may register for the event.** The cost is \$25 per semester (fall/winter) or \$15 per term (spring/summer). This fee enables a participant to compete in any intramural activity during the current semester or term. **Do NOT pay this fee before the first day of the applicable semester or term.**

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 register for any intramural event. Release agreements are valid for one academic school year – fall semester through summer term.

LIABILITY

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

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 Net 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
(35 Laps/70 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 20, 2020** 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 5:00 PM on March 20.**

**If you have any questions, contact the secretary in 145 RB (801-422-7597)
or access our web page. intramurals.byu.edu**