

RUN FOR YOUR LIFE

Information Sheet
Winter 2009

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 5, 2009

REGISTRATION:

All participants must sign up at the Intramural Office in room 145 RB, and may begin recording their miles after signing up. Participants should record their miles at regular intervals on their mileage card, which will be on file at the Intramural Office.

ELIGIBILITY:

Winter 2009 full-time students (12 credits), and faculty/staff are eligible. Part-time students, deferred students, non-students, and spouses of students must pay an intramural activity fee for each semester in which they participate. Non-students must be active members of a BYU ward and their membership records must reside in the BYU ward that they attend.

The intramural activity fee is paid at the HHP College Services Office in 112 Richards Building. The cost is \$20.00 per semester during fall/winter and \$10.00 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.

LIABILITY:

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

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
300 miles of roller blading
450 miles of bicycling

Participants may complete a combination of these four 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)
2 miles roller blading = 1 mile running
3 miles bicycling = 1 mile running

Completion of these miles between **January 5th and April 14th, 2009**, 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 April 14th.**

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