

RUN FOR YOUR LIFE

Information Sheet Winter 2026

This information sheet is intended to provide basic information and rules for this activity. Please refer to the 'Information' tab on the intramural web page for detailed information about policies and procedures of the Intramural Sports Program.

ENTRIES OPEN

January 7 - 23, 2026. **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, $\frac{3}{4}$ 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, $\frac{1}{2}$ staff 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. **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 may 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 report 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.

Reporting miles can be done in person at our office (145 RB), by voicemail (801-422-7597) or by email (iSports@byu.edu). When leaving a voicemail or sending an email, include your first and last name, your Net ID, as well as the number of miles completed. The secretary will reply to phone messages and emails to confirm receipt of your mileage report. If you don't receive this reply within two business days, please contact our office.

If a participant goes longer than 10 business days without reporting 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:

150 miles of running
37.5 miles of swimming
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 reporting between the day of their **personal registration and March 27, 2026** 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 4:00 PM on March 27.**

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