



# Southern Tier Brewing Beer Mile

## TIME AND LOCATION:

- Packet Pickup 10:00 am to 12:30 pm
- Start Time – 1:15pm
  - Three waves (two individual, one team)
- Location - Holiday Valley Resort Main Lodge Parking lot

## IMPORTANT NOTES:

- For Beer Mile teams, both members must have ID and be present to sign waiver at packet pickup
- All Beer Mile runners must have ID and sign waiver at packet pickup.

**\*\*You must have a designated driver in order to run the Beer Mile\*\*** We will ask you to agree to this condition on race day. While we want everyone to have fun, safety is our number one concern.

## RULES FOR THE BEER MILE

- Each competitor drinks four cans (or bottles) of beer and run 4 laps around the 400 meter course. The sequence is 1st BEER, 1st LAP, 2nd BEER, 2nd LAP, 3rd BEER, 3rd LAP, 4th BEER, 4th LAP, and FINISH.
- Beer must be consumed in the 'Chug Zone' before each lap begins. The 'Chug Zone' is a 10 meter long zone before the start/finish line.
- If a competitor violates any rule then they must run a 'Victory Lap' which consists of an additional lap following their 4th lap WITHOUT having to drink another beer. If they BLATANTLY violate any rule, they are disqualified.
- Everyone is on the SAME playing field. Women and men drink the same size and quantity of beer.
- Beers may not be tampered with or have any 'advantageous' design. This includes but is not limited to, funnels, straws, or anything else to alter the flow of the bottle.
- No substitution of the Official Beer
- Competitors who vomit before they finish the race must complete one Victory lap at the end of the race (immediately after the completion of their 4th lap). Note: Vomiting more than once during the race still requires only one Victory lap at the end.

## HOUSE RULES AND PARTY FOULS

- No breaking of glass or bottles.
- Costumes are not mandatory but we'd LOVE for you to wear one.
- No interfering with or touching other competitors or their beer. Heckling is strongly encouraged.
- Drinks must be completely drank and held upside down over head. If liquid (not counting foam) comes out, the racer is penalized based on the Beer Judge's discretion.
- No leaving the 'Chug Zone' until the beer is completely empty.
- The 'Beer Judge' makes the final decision.
- Most importantly, have fun and don't be 'that girl or guy'! Remember this is not the Olympics.