



Southern Tier Brewing Beer Mile

TIME AND DETAILS:

- Packet Pickup 11:30 am to 12:45 pm Saturday May 11th – Holiday Valley Resort Main Lodge
- Start Time – 1:00 pm
 - Two waves, wave detail available at packet pickup

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. The official Beer Judge can also dole out punishment as they see fit.
- If a competitor chooses not to drink a beer, they must do a penalty lap or similar penalty assigned by the Beer Judge.
- If a competitor 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.