



BEER MILE RULES

Beer Mile Sponsored by Anderson Valley Brewing Co and Athletic Brewing Co.

NOTE: All beer mile athletes will be required to fill out a waiver prior to participating in the Beer Mile. Beer Milers must check in at least 20 minutes prior to their scheduled heat and obtain a race bib.

Beer Mile Invitational – ELITES / PRO only

Official Beer Mile rules of the World Championships shall apply here. Rules will be sent to all participating elite and Pro runners in advance of the event. Pro/Elites must fill out the attached bio and waiver and email to raceinfo@ipa10k.com

2-Person Beer Mile – Open to all

Teams will consist of either two runners or an individual may run the entire 4 laps and chug 4 beer on their own if they so choose. With 2-person relay the team may decide which 2 laps each person runs in any order. In the event there are two heats the teams finishing time will determine the placement of the teams to declare an overall winner. The first place team will receive award medals and beer coolies. 2nd place team will receive beer coolies. There will be a separate category for NA Beer Milers.

Beer Selection: Beer Milers will be required to drink one 12 oz. beer (5.0 % ABV or higher) in the chug zone prior to each ¼ mile lap. You may bring your own choice of 12 oz. can or bottle of beer (5.0% or higher ABV). Or they can select from Anderson Valley Brewing Co.'s Pilsner in 12 oz cans or Healdsburg Brewing's Blonde Ale. See beer information below.

2-Person Beer Mile – NA Division

Same rules apply as above for the NA division, however, Athletic Brewing will provide the NA beer for all participants. A selection of flavors will be offered at the event. Winning team will receive prizes from Athletic Brewing.

Brewery Challenge (4-Person Relay)

Brewery Teams consist of 4 persons. All team members should wear the shirts from the

sponsoring brewery. Teams are encouraged to have one female on their team. Teams may opt to run the woman first and receive a 10 second head start.

Each team member will begin by drinking one beer before their ¼ mile lap and then consuming one beer upon finishing their lap. Both the runner completing their lap and the next runner must finish their beers before the new runner can proceed with their lap. All runners in the 4-person relay will be drinking 12 oz Pilsner, provided by Anderson Valley Brewing Co. or Healdsburg Brewing Co.

Spillage Rules:

Each beer miler must complete their beer in its entirety before handing it to a designated team judge, or place it on the table where a judge can then check the beer to confirm its empty. If the team judge determines that more than one ounce remained in any one can or was spilled during consumption, the lap will be negated and that runner will be required to complete another lap. All final spillage or other infraction decisions will be made by the Race Director.

Beer Information:

Anderson Valley Pilsner

Hops: Magnum, Mittelfruh #10416

Malts: Pilsner malt

ABV: 5.2%. IBU: 30

Healdsburg Beer Co. Blonde Ale

5.3% ABV IBU 19.5

Grains: Pilsner Malt, Vienna Malt, Munich Type II

Hops: Hallertau Mittelfrüh



BEER MILE ATHLETE

NAME _____

Email / Phone _____

Current Address _____

Sex _____ Birthdate _____ Shirt Size _____

Select Category:

_____ Beer Mile Invitational (Elite/Pro Athletes with Prize money)

_____ 2-person Beer Mile _____ Teammate (if Applicable)

_____ Brewery Challenge (4-person relay) / Brewery

Name _____ ELITE ATHLETE BIO: (include any relevant results or fun information for announcers)

Fastest Beer Mile Time: _____ Date _____ Place _____

I have initialed the attached waiver and agree to participate in the Beer Mille competition as per the rules and terms provided.

Signature

Date

BEER MILE PARTICIPANT WAIVER

I, intending to be legally bound hereby, for myself, executors, administrators, and assigns waive and release of any and all rights and claims for damages I may have against the IPA10K, Brewfest and Beer Mile Invitational ("Event"), A GOOD RUN, and all municipal agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(ies), agency(ies), beneficiaries, affiliated entities or individual(s) from responsibility for any injuries or damages I may suffer as a result of my participation in the Event and all official activities associated with the event. I hereby certify that I am in good condition and am able to safely compete in this event and physically prepared to take on the challenge of running and participating in the events for which I registered. I also acknowledge that I have not been advised by a medical professional to not participate in such event. Additionally, I grant full permission to the Event organizers and/or its agents to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Limitation of Liability; Disclaimer of Warranties. A GOOD RUN shall not be liable for any direct, indirect, incidental, special or consequential damages, resulting from (a) the use or the inability to use A GOOD RUN or (b) for the cost of procurement of substitute goods and services or (c) resulting from any goods or services purchased or obtained or transactions entered into through A GOOD RUN or (d) resulting from unauthorized access to or alteration of your transmissions or data, including but not limited to, damages for loss of profits, use data or other intangible, even if A GOOD RUN has been advised of the possibility of such damages. You expressly agree that competing in the IPA 10k, 5K, Brewfest or Beer Mile is at your sole risk. A GOOD RUN is provided on an "as is" and "as available" basis. A GOOD RUN expressly disclaims all warranties of any kind, express or implied, including without limitation any warranty of merchantability, fitness for a particular purpose or non-infringement.

Medical Treatment. I, the undersigned participant in the above event, acknowledge that should I suffer an injury or illness during said event, I may be offered medical assistance and/or transport to a medical facility for said injury. However, should I decline such medical assistance/transport to a medical facility I do so with the full understanding that my conduct may increase my risk of serious injury or death, including other unknown risks not reasonably foreseeable at this time, and that I willingly agree to assume all risk and accept personal responsibility for my actions and any damages as a result of such injury. **IMPORTANT:** Be sure to hydrate properly before the race. Continue to hydrate during any consumption of alcohol. Do NOT drive if impaired! Find a ride or alternate transportation.

Authority to Register and/or act as agent. If you are registering third parties, you represent and warrant to A GOOD RUN that you have been duly authorized to act as agent on behalf of such parties in performing this event registration. By proceeding with this event registration, you agree that the terms of this Registration Agreement shall apply equally to you and to any third parties for whom you are acting as agent.

_____ I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I having read the rules of the race and event schedule, including the terms in this waiver, and agree to abide by them. By registering for the events, I, and any third party for which I am acting as an agent, fully understand and agree to the terms and conditions in this waiver.