

Got (Chocolate) Milk?

The 18th Annual
Milk & Cookies

Goode, What Goes Down ☺

Must Come Up “

4-Miler

(The race with a twist)

Saturday, March 9th, 2013

Races begin at 8:50 A.M.

Oakland Methodist Church

(5 miles west of Forest or 5 miles east of Bedford off Route 221)
Behind the Goode Country Store and Goode Post Office

Race Format: On your entry form you simply **predict your mile pace** or the **total time** that you think it will take you to run the ‘downs & ups’ of the Goode countryside. The clock will begin counting down from 70 minutes at 8:50 AM. If you, for example, think that you can run the rolling 4-miler in 32:00 minutes (8:00 per mile), then your race will begin when the countdown clock strikes 32:00 (28 minutes past 9:00). If you think that you will run a 7:15 pace, then your race will begin at 29:00.10 minute milers begin at 40 minutes (20 minutes past 9:00), 12 minute milers at 48 minutes, 6:10 milers at 24:40, etc. The objective is not necessarily to see who finishes first, but who finishes as close to 00:00 as possible. When you cross the finish line your position will be recorded at either plus or minus 00:00. The finish is usually wild! Challenge yourself! Challenge a friend. Tell your friend that you’ll give them a 2-minute head start. Ask a friend to give you a 2-minute head start. Have fun! Get out and run! Walkers also welcome! Enjoy Milk & Cookies and Riverside Runner door prizes afterwards.

One rule: **YOU MAY NOT WEAR A WATCH;** GPS, Cell Phone, etc.

Early Registration: (Received by March 6th 2012) \$5 for Students & 2012 Lynchburg Road Runner Members; \$7 for non-members.

All Race day registrations: \$10 Application on back

Make Checks payable to: JFXC (checks must have phone numbers)

Mail to: Coach Loy, 105 Fox Creek Dr., Goode, VA 24556

Awards: Top 10 finishers & **Raffle Drawings:** *Goodies from Riverside Runners (Rivermont Ave.)* & JF XC T-Shirts, milk & cookies!

App below

