

Got (Chocolate) Milk?
The 19th Annual
Milk & Cookies
Goode, What Goes Down ☺
MUST COME UP ÿ
4-miler

(The race with a twist)
Saturday, March 8th, 2014
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.

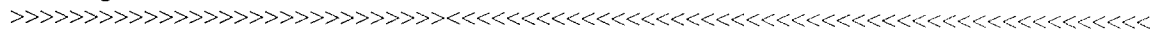
One rule: **YOU MAY NOT WEAR A WATCH;** GPS, Cell Phone, etc.
Early Registration: (Received by March 4th 2014) \$5 for Students & 2014 Lynchburg Road Runner Members; \$7 for non-members.

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

Cut along dotted line and send



Waiver: Must be signed by participant (parent or guardian if under 18)

Running a road race is a potentially hazardous activity. Runners should not enter unless they are medically able and properly trained. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, effects of the weather, traffic, and the conditions of the road. All such risks are known and appreciated by me. Having read this waiver and knowing these facts, and in the consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Jerome Loy, JFXC and the Oakland Methodist Church from any claims or liabilities of any kind arising out of my participation in this event. I understand that if the race is postponed or canceled by circumstances beyond the control of the race organizers (this has never happened before and is very, very unlikely) my entry fee will not be refunded.

Signature: _____ Date: _____

Printed First & Last Name:

Your Predicted Race Pace: _____ or Total Time: _____

(Optionals) Age _____ Gender _____ Email: _____
