Got (Chocolate) Milk?

The 20th Annual Milk & Cookies

Goode, What Goes Down ☺ Must Come Up :~(4-Miler

(The race with a twist)

Saturday, March 7th, 2015

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 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. Ten-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 2015) \$5 for Students & 2015 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

Waiver: Must be a Running a road radable and properly to falls, contact wi such risks are kno consideration of your release Jerome Lo arising out of my particumstances bey	igned by participant (pe is a potentially hazardarined. I assume all rish other participants, eften and appreciated by rour accepting my entry, JFXC and the Oaklar articipation in this even and the control of the radiants.	dous activity. Runners so sks associated with runnifects of the weather, traffects of the weather, traffects. Having read this way, I, for myself and anyoned Methodist Church front. I understand that if the ace organizers (this has a	hould not enter unless they are rang in this event, including but no fic, and the conditions of the roa iver and knowing these facts, and entitled to act on my behalf, we many claims or liabilities of any he race is postponed or canceled never happened before and is veri
	fee will not be refunde	ed.	Date: