

Paddler's Oktoberfest Beer Mile

Competitive Rules and Regulations

1. All participants must provide a valid photo ID on race day. I understand that if I am unable to provide a valid photo ID as legal proof of my age on race day, that I will not be able to participate and that I will NOT receive a refund.
2. All participants must sign the Waiver and Release of Liability and Competitive Rules and Regulations forms. Failure to sign both of these forms forfeits your participation in this event and you will NOT receive a refund.
3. **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. If you cannot demonstrate your safety plan to event officials you will not be eligible to participate in this event if consuming beer. (See rule #6)
4. Each participant drinks four cans of beer and runs four laps around the course. The race sequence is 1st beer, 1st lap, 2nd beer, 2nd lap, 3rd beer, 3rd lap, 4th beer, 4th lap and finish. See rule #6 if you choose not to consume beer.
5. No teams or relays will be allowed in the event. It is by individual participation only.
6. There is no requirement, rules or pressure to drink any of the beers on the course. The beers provided during the one-mile course are completely voluntary. If a participant chooses not to drink the beer or finish a beer they can substitute the beer with a lap. However, placement prizes will go only to those participants that run under the rules of the traditional beer mile (consuming 4 beers during the course of the run)
7. Participants consuming beer must open and consume the beer within the transition zone. You must hold the beer can upside down over your head to show that it is empty (foam does not count) prior to leaving the transition zone. The beer must be consumed using the manufacturer's opening. Beer cans cannot be modified in any manner, i.e. no shot gunning or alternate puncturing. Straws or other aids are not allowed when pouring/drinking.
8. Event organizers will provide the beer for consumption during the race. The beer provided will be a 12 ounce can.
9. Heckling is strongly encouraged but interfering with or touching another participant or their beer is a rule violation.
10. If a participant 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.
11. Participants who vomit for any reason prior to finishing their last lap must complete one Victory Lap after their 4th lap. Note: Vomiting more than once during the race still requires only one Victory Lap at the end.