

## About the Beer Mile

*Drink a beer, run a quarter mile. Repeat three more times. How freakin' hard is that?*

Seriously now, why in the world would anyone want to drink beer and then run as hard as hell? We would rather ask, who the hell wouldn't?

So, you want in do you? Well here is what you need to do, you have to fill out the application (try not to be a dumbass and do it wrong) and mail it in. Be sure to include your e-mail address so you can get a confirmation and directions along with any other information we feel you may need.

Remember - Don't Drink and Drive. Drinking and Running is totally encouraged, but chill on the driving part. The event is open to non-drinkers as well, you just won't have as much fun as we will.



**No Chunks,  
No Glory!**

Address Correction Required - Not sure why

**URS - BEER MILE**  
1677 ASHTON DRIVE  
VIRGINIA BEACH, VA 23464

Your Stamp  
Goes Here



## The Underground Runners Society Beer Mile

Saturday, April 26th, 2008  
Tommy's House  
Opening Ceremonies at 2PM  
Race Time is 3PM



Do you have what it takes to go . . .  
Underground?

Phone: (757)289-5676 Tommy  
Web site: [www.runnerssociety.com](http://www.runnerssociety.com)



## Beer with a Twist

The most important information about this beer mile is the charity. The entry fee is simple: bring your own damn booze for the mile and cough up \$5.00. But you aren't done there.

When you fill out the entry form we want you to pick a valid charity, sorry but "Doug's beer fund" isn't a valid charity.

Aside from dishing out embarrassing and soon to be garbage awards, we will select one participant to be the "big winner."

That winner will have all of the monies collected from the beer mile donated to their charity they selected in their name or in someone's honor that they selected.



## Beer Mile Rules

Below are the rules for The Underground Runners Society Beer Mile. These are not just rules for the event, but we think they are rules . . . no, commandments to live by:

### Rule 1

First rule of the beer mile is no one talks about the Beer Mile . . . unless you completed one lap.

### Rule 2

The event begins with the drinking of the first beer, followed by the first lap. Basically we are talking beer/lap, beer/lap, beer/lap, and beer/lap - finish.

### Rule 3

Canned and bottled beer maybe used. In either case, they must be at least 12 ounces. Good on you for going bigger.

### Rule 4

Pro status entries include using funnels, shot gunning or any other way of consuming beer you feel like taking on.

### Rule 5

Amateur status entries use traditional beer mile consumption. They are pure and old school like the Olympic Games before it was all whored up.

### Rule 6

Vomiting results in a much deserved penalty beer. We are hoping someone vomits and vomits hard!

### Rule 7

Hard ciders and Lemonade are not beer for Christ sakes and thus are not allowed.

## Sign-up Form

*Categories (pick one Einstein):*

- Beer Mile - Pro Men
- Beer Mile - Pro Women
- Beer Mile - Amateur Men
- Beer Mile - Amateur Women
- Beer Mile - Walker Men
- Beer Mile - Walker Women

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Sex?

\_\_\_\_\_  
E-mail

*My choice of charity is:*

\_\_\_\_\_  
The Name of Charity

\_\_\_\_\_  
Name of Honoree (if none, leave blank)

Remember the entry fee is you have to bring your own freakin' booze and \$5.00. We ask that if you bring a check that you leave the payee blank until we determine the charity it is going to.

**URS Beer Mile**  
 1677 Ashton Drive  
 Virginia Beach, VA 23464  
  
 Phone: (757)289-5676  
 Fax: We don't have a stupid Fax Number  
 E-mail: Tommy@undergroundgrandprix.com