

---

# MILK MILE POST ACXC 2023

---

Organized by Zexty Speed Project



**WHEN :** November 25th, 2023 at 5:30 PM after the U18 male nationals XC race

**WHERE :** Terry-Fox Athletic Facility (2960 Riverside Dr., Ottawa, ON K1V 8N4)

**REGISTRATIONS :** <https://bit.ly/zip-milk-mile-2023> for free !

Deadline for registrations will be on October 31st, 2023. Late entries will be possible until November 20th 2023, but they will cost 5.00\$.

This will be the first edition of the Annual Milk Mile held by the Zexy Speed Project Club. The milk mile is the same principle as the popular beer mile, except that the beer is replaced by 1% milk.

Runners will be separated into different heats according to the number of registrations. At the sound of the start, they will have to drink a whole glass of 1% milk before starting to run around the track. After one lap of the 400m track, runners will have to drink another glass of milk to then run another lap. In total, runners will have to drink 4 glasses of milk and run 4 laps of the track (for a total of 1600 meters).

The first finishing man and woman will win a surprise !



Anas Afkhar, one of our athlete, racing a Treadmill Milk Mile

### RULES :

1. Spikes are allowed (7mm pins maximum)
2. Runner has to drink the entirety of the milk before crossing the finish line or he/she will get DQ according to the rule 69.9
3. Runner has to be at the starting line 10 minutes before the start of the race to be there for the calling room. In case of absence, a DNS will proceed according to the rule 96.9
4. Be respectful to the others. We are there to have fun !



7mm

