

I SCREAM, YOU SCREAM, WE ALL RUN FOR ICE CREAM!  
THE 2008 ANNUAL



# ICE CREAM MILE

Tuesday, August 26, 7:00pm, Traverse City Central Track

Ages: 4<sup>th</sup> grade to 100+

An Ice Cream "Social" Presented by  
The Traverse City Track Club  
Sanctioned by the Road Runners Club of America

How fast can you run a mile and eat a pint of ice cream?  
Eat, Run a Mile? Run, and then eat? Run, Eat, Run, Eat?  
Develop your secret strategy, show up, and have fun!

**SCHEDULE**

7:00-7:10 p.m. Race Instructions. Attendance is Very Important

**Races Order:**

- High School Boys (next fall grade level)
- High School Girls (next fall grade level)
- ½ Pint: up to 6<sup>th</sup> grade (next fall grade level)
- Women's (college-100 years+)
- Men's (college-100 years+)

**SPECIAL AWARDS:**

Top Two, Male & Female, in each division. Additional awards presented at the prerogative of the race director such as additional age group awards, costume awards, family award? The best MOOOOO? You won't know unless you show up.

Questions? Email: Itaylor@chartermi.net

**Registration Form Ice Cream Mile 2008**

Name: \_\_\_\_\_ Male? Female? Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Age/grade \_\_\_\_\_  
email: \_\_\_\_\_

City, State, Zip \_\_\_\_\_ T- Shirt Size (adult): S M L XL (circle)

Ice Cream Flavor Choice: \_\_\_\_\_ Chocolate \_\_\_\_\_Vanilla (check which)

Note: Must register by Friday, August 22 to guarantee ice cream choice and/or t-shirt.

Cost: **\$10.00** Race Fun, Ice Cream Mile souvenir/memento, Pint of Ice Cream, spoon  
**\$5.00** if don't want to run but you want to watch the fun and enjoy some ice cream.  
Fill out an application to guarantee your ice cream choice.

Make checks out to: Traverse City Track Club

**The Fine Print- Read and Sign!**

I promise I have trained sufficiently for the Ice Cream Mile and have the blessing of my doctor to both run and pig out on ice cream at the same time. Should I get hurt in any way I will not hold responsible, the Traverse City Track Club, TCAPS, Moomer's or any of the great volunteers associated with the race. If I feel the urge to puke, I will run far away from the track and not let loose in front of others trying to enjoy their ice cream. I understand this is intended to be a fun event and I will promise to laugh and do my best. I understand the judges will have the final determination on all awards.

Signature: \_\_\_\_\_

Parental Signature if under 18: \_\_\_\_\_

Mail entrees by August 22 to: Ice Cream Mile, 1247 Fairwood Lane, Traverse City, MI 49686