

FAQ:

What is a Beer Mile?

A Beer Mile is an event where an individual drinks a beer and runs a quarter mile four times in succession. So by the end, you'll have run a full mile with four beers in your belly. The relay variety allows four people to participate, each person drinking one beer and running 1/4 mile.

We will be following official beer mile rules found here: <https://www.beermile.com/rules>

What beer will we be drinking?

Golden Ox. One (or four) 12-oz can weighing in at 5.9% ABV.

Where is this event?

Old Ox Brewery

44652 Guilford Drive, Unit 114

Ashburn, VA 20147

When is packet pickup?

Packet pickup begins one hour before the event at 9am. Each participant will receive a bib/timing tracker, participant memento, and a raffle entry.

How many people can I have on my team?

Participants can sign up for either the individual competition or four person relay.

What is the course?

The course will be a ¼ mile loop around Old Ox Brewery.

Do I get swag?

Each participant will receive a memento at packet pickup. Plus you get to start the day off with a beer (or four).

Who is Jenn Miller?

Jenn Miller is the leader of the run club Trottin Oxen. She founded the club four years ago to create a place where runners and walkers of all levels would feel welcome. Jenn spends much of her free time supporting the club members. She organizes weekly meetups and group long runs for those in training. Jenn makes sure all runners on the trail are accounted for and take proper safety measures. Even off the trail, Jenn continues to bring people together. She provides decorations, food and excitement for the club's annual Chili Cook-off and Christmas party. She has also organized events after weekend runs including baby showers, moving away parties, and Easter egg hunts.

To show their appreciation for all that Jenn does, members of the club applied on her behalf and surprised her with a charity entry to the 2020 Boston Marathon with the MEB Foundation.

Has Jenn run a marathon before?

She has! Her first marathon was Richmond in 2017, with Trottin Oxen no less. Since then, she has completed four more marathons, two 50ks, and will be running another 50k on December 14!

Why does she run so much?

I don't know. She isn't being chased though.

What is Trottin Oxen?

Trottin Oxen is a social running club based out of Old Ox Brewery. We meet Tuesdays at 6:30pm and Saturdays at 10:30am. We also hold additional long runs as needed for those in training.

What is the MEB Foundation?

The MEB Foundation promotes "Maintaining Excellent Balance" in life. The founder, American champion long distance runner, Meb Keflezighi, commits himself to helping others push themselves, not just physically, but mentally, spiritually, personally, and professionally.

Read more about the MEB Foundation here: <https://marathonmeb.com/meb-foundation/>

Is the Boston Marathon like a big deal or something?

Yes. Yes it is.

How can I donate to Jenn?

Thank you for your interest! All proceeds of the event will go towards her fundraising.

As a participant, your entry fee will go towards her fundraising. As a spectator, you can participate in the raffle, proceeds of which will go towards her fundraising.

Every \$5 donated will equate to one raffle ticket. Beer Mile participants are able to donate separately as well for additional raffle tickets.

Can I donate even if I can't attend?

Donations can be made directly to Jenn's crowdrise page here:

<https://charity.gofundme.com/o/en/campaign/meb-foundation-boston2020/jennmiller?fbclid=IwAR03rBJEAdcCPfgKlxBksSvoilJ6l8fowh4l5Ji04tJ7KBaKnI1 YOx6b8>

Only donations made through the Old Dominion Racing website will be eligible for raffle tickets.

Any special thanks you'd like to give?

We'd like to thank Jenn for being so endlessly supportive and selfless. She has pushed us all to become better runners and made this club into a community.

We would also like to thank Old Ox Brewery, Old Dominion Racing, and Studio One Printing for their time and effort put into this event. All of them heard Jenn's name, and without hesitation said they were ready to help her.