 **“May Miracle Mile” Competition**

**May 8th-31st**

**Offered by**

**Jefferson Park & Recreation**

Here is a way to get out of the house, compete (against yourself and without any direct competitors) and hopefully have some fun and exercise.

The “May Miracle Mile” is where the competitor selects a length of time it will take them to run, walk, jog or any combination to complete a mile on the track. The competitor with the ***closest time to their prediction* *wins*.**

**Rules:**

* The rules are designed to reinforce Social Distancing - please do your part. Thank You!
* **This is a Free activity** - register today!
* Go to our website at: [jpnr.org](http://jpnr.org) select a date and time (we have predesigned about 60 times during the month of May - first come - first served; slots will be at least 30 minute intervals for time and distance- If signing up multiple people, please only register 1 person per time slot, not one family.
* The day of your mile predetermine how long it will take you to complete the mile in minutes and seconds. Make sure your estimate is what you want.
* Show up at the Jefferson Track (Hwy 99E/Talbot Rd) at your time/date.
* A Park and Rec Staff will be onsite for final questions and instructions.
* Leave watches, phones and any other timing device in the car or at home.
* Limit your cheering squad to **no more than three people from your family**.
* This first month we will have just one open division and six place winners
* For a mile, we will use four laps around the track using the inside lane = 1600 meters.
* Park and Recreation Staff time is final.
* If there is a tie, the prediction under the prescribed time wins
* Place winners will be announced on our website and on our Facebook page on Monday June 1
* Questions: meagan.semanski@jefferson.k12.or.us / bill.linhart@jefferson.k12.or.us / 541 327 3581

*Good Luck and Have Fun*