

# THE MILERS



Game Created by James Cast  
Castaway Sports  
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## Instructions

1. Each race is comprised of 16 race segments.
2. Roll 2d6 for each runner on each segment.
3. The leader after each segment gets a -1 on roll for taking the prevailing wind.
4. Each runner has a pace chart that they must be within. Falling outside that zone will result in penalties.
5. If a runner is within his pace zone after 1 lap, he gets a +1 for the next 4 rolls.
6. If a runner is within his pace zone after 2 laps, he gets a +2 for the next 4 rolls.
7. If a runner is within his pace zone after 3 laps, he gets a +3 for the next 4 rolls.
8. If a runner is outside his pace zone after 1 lap, he gets a -1 for the next 4 rolls.
9. If a runner is outside his pace zone after 2 laps, he gets a -2 for the next 4 rolls.
10. If a runner is outside his pace zone after 3 laps, he gets a -3 for the next 4 rolls.
11. A rabbit can be assigned for any race.
12. Assign a pace per 100 meters for the rabbit to follow. (Note: It is recommended that this be equivalent to the 9 value for most runners.
13. The rabbit stays on pace with a roll of 5 to 9.
14. If the rabbit rolls outside that range in the first 4 segments, they will come off the track after 1 lap.
15. If the rabbit rolls outside that range in the second 4 segments, they will come off the track after 2 laps.
16. During the 3<sup>rd</sup> and 4<sup>th</sup> laps, the rabbit will come off the track as soon as they roll outside the range.
17. The rabbit will also leave the track if passed by any other runners.
18. Runners will not pass the rabbit. Any runner who rolls a time faster than the set rabbit pace will assume the rabbit pace for that segment or the first two laps.
19. After the first two laps, runners are permitted to pass the rabbit.
20. The rabbit prevents the lead runner from receiving the wind penalty while the rabbit leads.

01:00.0	02:00.0	03:00.0
01:00.0	02:00.0	03:00.0
2	15.3	<b>ROGER BANNISTER</b> <b>GREAT BRITAIN</b>
3	15.1	
4	15.1	
5	15.0	
6	15.0	
7	15.0	
8	15.0	
9	15.0	
10	15.0	
11	14.8	
12	14.6	

01:00.4	02:00.8	03:01.2
01:00.4	02:00.8	03:01.2
2	15.3	<b>GUNDER HAGG</b> <b>SWEDEN</b>
3	15.2	
4	15.1	
5	15.1	
6	15.1	
7	15.1	
8	15.1	
9	15.1	
10	15.0	
11	14.9	
12	14.8	

01:00.4	02:00.8	03:01.2
01:00.4	02:00.8	03:01.2
2	15.4	<b>ARNE ANDERSSON</b> <b>SWEDEN</b>
3	15.3	
4	15.2	
5	15.1	
6	15.1	
7	15.1	
8	15.1	
9	15.1	
10	15.0	
11	14.9	
12	14.8	

01:00.4	02:00.8	03:01.2
01:00.0	02:00.0	03:00.0
2	15.3	<b>JOHN LANDY</b> <b>AUSTRALIA</b>
3	15.2	
4	15.1	
5	15.1	
6	15.0	
7	15.0	
8	15.0	
9	15.0	
10	14.8	
11	14.8	
12	14.7	

01:00.8	02:01.6	03:02.4
00:59.2	01:58.4	02:57.6
2	15.6	<b>HERB ELLIOTT</b> <b>AUSTRALIA</b>
3	15.4	
4	15.4	
5	15.2	
6	15.1	
7	15.0	
8	14.9	
9	14.8	
10	14.6	
11	14.6	
12	14.4	

01:00.8	02:01.6	03:02.4
00:58.8	01:57.6	02:56.4
2	15.5	<b>PETER SNELL</b> <b>NEW ZEALAND</b>
3	15.5	
4	15.4	
5	15.2	
6	15.2	
7	15.0	
8	14.9	
9	14.7	
10	14.6	
11	14.5	
12	14.4	

01:01.2	02:02.4	03:03.6
00:58.8	01:57.6	02:56.4
2	15.6	<b>MICHAEL JAZY</b> <b>FRANCE</b>
3	15.5	
4	15.4	
5	15.3	
6	15.1	
7	15.0	
8	14.9	
9	14.7	
10	14.6	
11	14.5	
12	14.4	

01:01.2	02:02.4	03:03.6
00:58.0	01:56.0	02:54.0
2	15.6	<b>JIM RYUN</b> <b>UNITED STATES</b>
3	15.6	
4	15.5	
5	15.3	
6	15.2	
7	15.1	
8	14.9	
9	14.5	
10	14.4	
11	14.4	
12	14.4	