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A Non-Profit Corporation #68-0231197

AMENDMENT TO SAAA RULES

April 14, 2003

Addition to Section II: Specific Event Rules

Adds 8. Kilted Mile / Hill Race:

The Kilted Mile is, quite simply, a mile run in a kilt.

It can be run on a cinder or composition, one-quarter mile track, as a four-lap foot race in a middle school, high school, or college stadium, to optimize spectator involvement.

The Kilted Mile will compliment Scottish heavy athletics.

If there is no stadium, it can be run on grass as four (4) one-quarter mile circuits, or as a one-half mile “out-and-back,” or as a double one-quarter mile “double out-and-back.”

As a matter of safety, runners should not be sent into roadways, and organizers will do well to keep runners off asphalt and concrete, so as to avoid injury.

The Kilted Mile should cover a rut-free path, but a course that is run up and down a hill, or “mountain,” will create added drama, so long as the runners remain in view.

Awards can be age-graded; for example, Youth (to age 17), Young Adults (age 18-40), and Seniors or Masters (age 41 and above).

If entrants are few, time is limited, and/or volunteers are spare, it is enough to recognize the First, Second, and Third Place finishers with ribbons and/or medals.