FOGGY BOTTOM MILK RUN & WALK SUNDAY ~ MARCH 13 ~ 2016

2016 RRCA California State Championship 10 Mile Race ~

USATF Nationally Certified 4 & 10 Mile Courses!

WHERE & WHEN

The event will be held **Sunday, March 13, 2016. 4 & 10 mile at 12 noon & 2 mile at 2 pm.** All races start/finish on Main Street at Ocean Avenue in the Victorian Village of Ferndale!

PACKET PICK UP

Packet pick up and registration will be available Saturday March 12^{th} at the Arcata Jogg'n Shoppe 1090 G St Arcata, CA from 12pm - 3pm, OR Sunday March 13^{th} at the Danish Hall 430 Ocean Ave Ferndale, CA from 10am - 11:30am for the 4 & 10 Mile events, and from 11:30am - 1:45pm for the 2 mile event.

Awards & Results ~ 4 & 10 Mile

Medals awarded to all finishers! Plus, distinctive awards will be presented to 1st place overall male/female & 1st place masters male/female in the 4 & 10 mile races. In the 10 mile race – RRCA Championship Medals for open, masters, grand master, and senior grand masters; and 1st place in each 5 year increment 10 mile masters age groups will receive a minted silver 5 HUMS coin! Results will be in the April 6RRC Newsletter and on our website at <u>www.foggybottommilkrun.com</u>

SORRY - BUT NOT ALLOWED:

Due to insurance limitations, baby joggers/strollers, dogs, bicycles, skateboards, roller blades/skates, etc, are not permitted in any of the races, or anywhere on the course.

REGISTRATION

Entry form	n(s) may be m	ailed in c/o F	BMR P.O. Bo	x 129
Bayside, Cr	Bayside, CA 95524 (one form per entrant please), or can be			
submitted (online at <u>www.fo</u>	ggybottommilk	(run.com,	
Wheelchair	rs are allowed	d – please	contact the	race
director.				
FEES				
RACE:	THRU 2/21:	<u>2/21-3/11:</u>	<u>3/12-3/13:</u>	
10 Mile	\$25.00	\$30.00	\$35.00	
4 Mile	\$25.00	\$30.00	\$35.00	
2 Mile	\$15.00	\$20.00	\$25.00	

2 Mile \$15.00 \$20.00 \$25.00 2 Mile ~ Special Price for Kids 0-14 ~ \$10.00 always

T-SHIRTS

Race t-shirts are included with the registration fee. 10 Mile Championship event participants receive a tech t-shirt (tech t-shirt unisex sizes = 5, M, L, XL only).

4 & 2 Mile event participants receive a cotton short sleeve tshirt (unisex sizes = adult S, M, L, XL, XXL, and child S or M). For participants registering after 2/21/16 t-shirts may be back ordered. Back ordered t-shirts will be available for pick up after March 19th 2016.

T-SHIRTS FOR SALE

Additional tech t-shirts may be purchased for \$15.00 Previous year's tech t-shirts may be purchased for \$10.00 (Unisex sizing = S, M, L, XL only)

A Sunday Run in Ferndale!

INDIVIDUAL & SCHOOL/YOUTH GROUP TEAM INFO, AND AWARDS INFO ~ 2 MILE KID'S RACE

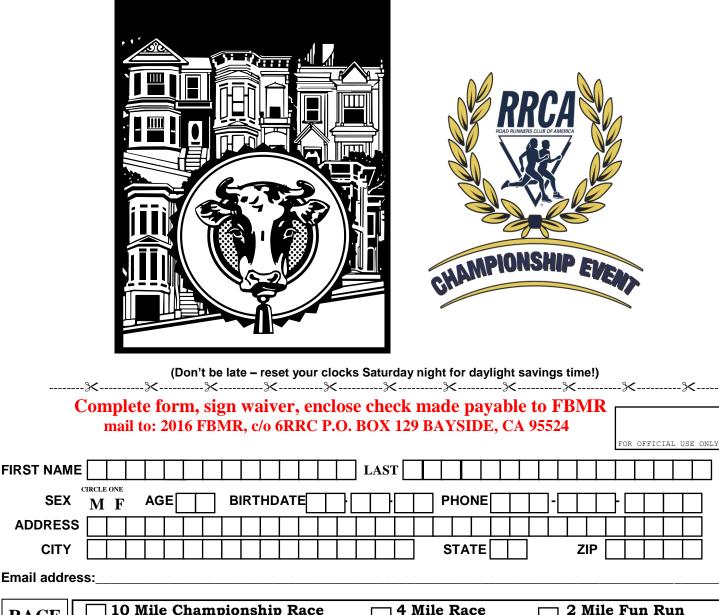
There is a special \$10 entry fee for the 2 mile run for elementary school or youth group participants, girls and boys ages 5-14. There are 4 divisions for individual participants: girls/boys 5-9 & girls/boys 10-14. The top 30 finishers in each of these divisions will receive individual awards (need not be on a team). There are also 6 team divisions – 4 school divisions & 2 youth group divisions. 1st place teams will be presented with trophies & certificates; $2^{nd} \sim 4^{th}$ place teams will receive certificates. Kids may compete individually and/or on a team. Teams = 5 or more participants in the age categories above, and from the same school or youth group. School/youth group registration is due by February 21, 2016 to guarantee t-shirts for early school delivery. You must include your school name or youth group name on the registration form(s).

SIX RIVERS RUNNING CLUB THANKS OUR BUSINESS SPONSORS:

Ramone's Bakery and Café, Coast Central Credit Union, The Victorian Inn, Valley Grocery, US Bank, The Jogg'n Shoppe, Foster Dairy Farms/Humboldt Creamery, Nilsen Company, Fortuna Sport & Cycle, KIEM News Channel 3, KHUM/The Point Please support these local businesses!!

FOGGY BOTTOM MILK RUN & WALK SUNDAY ~ MARCH 13 ~ 2016

4 & 10 MILE @ 12:00 NOON & 2 MILE FUN RUN @ 2PM USATF NATIONALLY CERTIFIED 4 & 10 MILE COURSES In the Victorian Village of Ferndale



RACE	10 Mile Championship Race 4 Mile Race 2 Mile Fun Run		
KIDS RUN			
SHIRT	T-Shirt Size (Check ONE) T-Shirts only guaranteed race weekend to those registered by Feb 21, 2016 Adult Small Adult Medium Adult Large Adult X-Large (all t-shirts unisex sizing) Child's Small Child's Medium Adult XX-Large - please add \$2 to entry fee if requesting XXL T-Shirt		

FIRST NAME

ADDRESS CITY

SEX

ALL ENTRANTS MUST SIGN WAIVER. (Parent or Guardian if under 18)

Date WAIVER: Intending to be legally bound, I do hereby certify that my training and health are adequate for me to safely compete. I will waive and release any claims for damages or injuries as a result of my participation in or my traveling to this event to the following entities: State of California, CalTrans, City of Ferndale, Ferndale Police Department, County of Humboldt, Six Rivers Running Club, RRCA, Event Sponsors, Event Volunteers, from any and all liabilities and claims made by other individuals or entities as a result of my actions during the 2016 Foggy Bottom Milk Run & Walk. ** ADA Accommodation Requests must be sent to USATF 6 week prior to the event for evaluation**