

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 12th at the Arcata Joggin' Shoppe 1090
G St Arcata, CA from 12pm - 3pm, OR Sunday March
13th 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 www.foggybottommilkrun.com

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(s) may be mailed in c/o FBMR P.O. Box 129
Bayside, CA 95524 (one form per entrant please), or can be
submitted online at www.foggybottommilkrun.com,

**Wheelchairs are allowed - please contact the race
director.**

FEES

<u>RACE:</u>	<u>THRU 2/21:</u>	<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 ~ 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 = S, M, L, XL only).
4 & 2 Mile event participants receive a cotton short sleeve t-
shirt (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; 2nd ~ 4th 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 Joggin' Shoppe,
Foster Dairy Farms/Humboldt Creamery, Nilsen Company,
Fortuna Sport & Cycle, KIEM News Channel 3, KHUM/The Point

Please support these local businesses!!

