

SIX RIVERS RUNNING CLUB PRESENTS THE FOGGY BOTTOM MILK RUN

Sunday, March 12 ~ 44th Annual ~ Run in Ferndale

(Don't be late – reset your clocks Saturday night for **Daylight Savings Time**)

YAY! WE'RE BACK!

PRE-REGISTRATION

Mail Entry form(s) c/o FBMR, P.O. Box 214, Arcata, CA 95518 (one form per entrant please), Or online @ www.foggybottommilkrun.com

Race Day is **Sunday, March 12, 2023**

4 mile @ 12 noon; 2 mile @ 2 pm.

Both events start/finish on Main St. near Ocean Ave in the Victorian Village of Ferndale!

LATE REGISTRATION & PACKET PICK UP

~ At the Start/Finish staging area on Main St. Ferndale ~

Saturday, March 11th, 1pm-4pm OR Sunday, March 12th 10am-1:30pm.

AWARDS & RESULTS

4 Mile age group awards are 5 year increments. Results @ www.foggybottommilkrun.com

All finishers in both the 4 & 2 mile events receive finisher ribbon/or sticker

T-SHIRTS

Short sleeve cotton T-shirts are included with registration and guaranteed if registered by 2/19/2023.

T-shirts will be available until sold out and will not be re-ordered.

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(s). Thank you in advance for your understanding.

2 MILE KIDS RUN ~

Entry fee for the 2 mile run for all **girls & boys 14 & under is **\$15.00****

To guarantee a cotton, short sleeve t-shirt, registration is due by 2/19/2023.

To guarantee t-shirts & bibs for early delivery your school (week of 3/6/2023) ~

The registrations must be received by 2/19/2023. Please include your School or Youth Group name on all registration form(s) for early school delivery. **Questions? ~ foggybottommilkrun@gmail.com**

For the Team Trophy Competition ~ there are 5 **team divisions** ~ 4 school divisions & 1 youth group division. 1st place teams will be presented with trophies & certificates; 2nd ~ 4th place teams will receive certificates. Teams = 5 or more participants in these age categories – Age group 5-10 Boys and Girls; and Age group 11-14 Boys and Girls. (all team members from the same school or youth group)

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Complete form, sign waiver, enclose check made payable to FBMR
mail to: 2023 FBMR, c/o 6RRC, P.O. BOX 214, ARCATA, CA 95518

FOR OFFICIAL USE ONLY

First Name/Last Name (please **print**) _____

Gender (please circle one) **M** **F** **Age** _____ **Birthdate** (mm/dd/yyyy) _____

Address _____

City _____ **State** _____ **Zip code** _____

CHECK ONLY ONE BOX:

☐ **2 Mile 14 & under - Cotton short sleeve T-Shirt** (**circle one**) **YS** **YM** **S** **M** **L** **XL** **XXL** (add \$2 for XXL)
\$15.00 – you must include your School name (K -8th grade) or Youth Group name

☐ **2 Mile 15 & older - Cotton short sleeve T-Shirt** (**circle one**) **YS** **YM** **S** **M** **L** **XL** **XXL** (add \$2 for XXL)
\$25.00 thru 3/10, **\$35.00** 3/11-3/12

☐ **4 Mile ----- Cotton short sleeve T-Shirt** (**circle one**) **YS** **YM** **S** **M** **L** **XL** **XXL** (add \$2 for XXL)
\$35.00 thru 3/10, **\$45.00** 3/11-3/12

☐ **Wheelchair ~ \$10.00** please write in your race distance and T-Shirt size _____

Signature _____ **Date** _____

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

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 2023 Foggy Bottom Milk Run & Walk. ** ADA Accommodation Requests must be sent to USATF 6 week prior to the event for evaluation **