

# FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 8 ~ 2020

USATF Nationally Certified ~ 4 Mile CA-16001-KY ~ 10 Mile CA-16002-KY

## WHERE & WHEN

The event will be held **Sunday, March 8, 2020.**  
**4&10 mile @ 12 noon; 2 mile @ 2 pm.**  
All races start/finish on Main St at Ocean Ave  
in the Victorian Village of Ferndale!

## PACKET PICK UP

Packet pick up/registration will be held at The Old Steeple 246 Berding St @ Ocean Ave, and the US Bank parking lot Main St @ Ocean Ave in Ferndale ~ Saturday March 7<sup>th</sup> from 1pm-4pm, or Sunday March 8<sup>th</sup> 10am-11:30am (4&10 Mile), 11:30am-1:45pm(2 mile).

## AWARDS & RESULTS ~ 4 & 10 MILE

Medals awarded to all finishers in the 4&10 mile! Plus, distinctive awards for 1<sup>st</sup> place overall male/female, masters male/female, grand masters male/female, senior master male/female in the 4&10 mile races.

Results = [www.foggybottommilkrun.com](http://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(s). Thank you in advance for your understanding.

## 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](http://www.foggybottommilkrun.com),

## FEES

RACE:	THRU 2/16:	2/17-3/6:	3/7-3/8:
10 Mile	\$30.00	\$35.00	\$45.00
4 Mile	\$30.00	\$35.00	\$45.00
2 Mile	\$17.00	\$25.00	\$35.00

2 Mile ~ Kids 14 & under ~ \$12.00 thru 3/6, \$15.00 on Race Weekend!

Wheelchair participants ~ \$10 entry fee any race, T-shirt included! ~ Please contact the race director ~ [foggybottommilkrun@gmail.com](mailto:foggybottommilkrun@gmail.com)

## T-SHIRTS

Race t-shirts are included with the registration fee and are guaranteed if registered by 2/16/2020 (participants registering 2/17/2020 - thru 3/8/2020 - t-shirts will be available until sold out ~ there will be no t-shirt re-order!)  
10 Mile = tech t-shirt. 2&4 Mile = cotton short sleeve t-shirt.  
Register early to guarantee your t-shirt!!

*A Sunday ~ 43rd Annual ~ Run in Ferndale!*

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

## 2 MILE KIDS RUN ~

Entry fee for the 2 mile run for all girls & boys 14 & under is \$12.00 thru 3/6/2020. To guarantee a cotton, short sleeve t-shirt, registration is due by 2/16/2020.

To guarantee t-shirts & bibs for early delivery to schools (week of 3/2/2020) ~ registrations must be received by 2/16/2020. Please include your School or Youth Group name on all registration form(s) for early school delivery. Questions? ~ [foggybottommilkrun@gmail.com](mailto:foggybottommilkrun@gmail.com)

For the Team Trophy Competition, there are 6 team divisions – 4 school divisions & 2 youth group divisions. 1<sup>st</sup> place teams will be presented with trophies & certificates; 2<sup>nd</sup> ~ 4<sup>th</sup> place teams will receive certificates. Teams = 5 or more participants in the age categories above, and from the same school or youth group.

## SIX RIVERS RUNNING CLUB THANKS OUR BUSINESS SPONSORS:

Ramone's Bakery and Café, Coast Central Credit Union, The Victorian Inn, Valley Grocery, US Bank, Ferndale Music Company, Foster Dairy Farms/Humboldt Creamery, Nilsen Company, The Jogg'n Shoppe, Fortuna Sport & Cycle, KIEM News Channel 3, KHUM/KWPT ~ The Point

**Please support these local businesses!!**

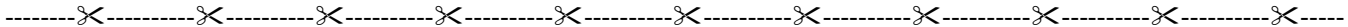
2020

FOGGY BOTTOM



SUNDAY MILK RUN MARCH 08

FERNDALE, CA



Complete form, sign waiver, enclose check made payable to FBMR
mail to: 2020 FBMR, c/o 6RRC P.O. BOX 129 BAYSIDE, CA 95524

FOR OFFICIAL USE ONLY

FIRST NAME LAST GENDER AGE BIRTHDATE PHONE ADDRESS CITY STATE ZIP

CHECK ONLY ONE BOX:

- 2 Mile 14 & under - Cotton short sleeve T-Shirt (circle one) YS YM S M L XL XXL
2 Mile 15 & older - Cotton short sleeve T-Shirt (circle one) YS YM S M L XL XXL
4 Mile Cotton short sleeve T-Shirt (circle one) YS YM S M L XL XXL
10 Mile Tech-Shirt (circle one) WSX WS WM WL WXL MS MM ML MXL
Wheelchair ~ \$10.00 please include race distance and T-Shirt size

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 2020 Foggy Bottom Milk Run & Walk. \*\* ADA Accommodation Requests must be sent to USATF 6 week prior to the event for evaluation\*\*