

FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 12 ~ 2017

2017 RRCA California State Championship 10 Mile Race ~
USATF Nationally Certified 4 & 10 Mile Courses!

WHERE & WHEN

The event will be held **Sunday, March 12, 2017.**
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 11th at the Danish Hall 430 Ocean Ave
Ferndale from 1pm-4pm, or on Sunday March 12th at the
Danish Hall - 10am - 11:30am for the 4 & 10 Mile
events, and 11:30am - 1:45pm for the 2 mile event.

AWARDS & RESULTS ~ 4 & 10 MILE

Medals awarded to all finishers 4&10 mile! Plus,
distinctive awards will be presented to 1st place overall
male/female, masters male/female, grand masters
male/female, senior master 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 = 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>2/22-3/10:</u>	<u>3/11-3/12:</u>
10 Mile	\$25.00	\$30.00	\$40.00
4 Mile	\$25.00	\$30.00	\$40.00
2 Mile	\$15.00	\$20.00	\$30.00
2 Mile ~ Special Price for Kids 0-14 ~ \$10.00 always			

T-SHIRTS

Race t-shirts are included with the registration fee thru
2/21/17.

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).
Register early to guarantee your t-shirt!!

For participants registering after 2/21/17 thru race day -
t-shirts will be available until sold out!! There will be NO
t-shirt re-order!!

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

A Sunday ~ 40th Annual ~ Run in Ferndale!

2 MILE KIDS RUN ~

INDIVIDUAL & SCHOOL/YOUTH GROUP TEAM INFO ~

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 5-10 & girls/boys 11-14. 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, 2017 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 12 ~ 2017

4 & 10 MILE @ 12:00 NOON & 2 MILE FUN RUN @ 2PM

USATF NATIONALLY CERTIFIED 4 & 10 MILE COURSES

In the Victorian Village of Ferndale



(Don't be late – reset your clocks Saturday night for daylight savings time!)

Complete form, sign waiver, enclose check made payable to FBMR

mail to: 2017 FBMR, c/o 6RRC P.O. BOX 129 BAYSIDE, CA 95524

FOR OFFICIAL USE ONLY

FIRST NAME LAST

CIRCLE ONE

SEX ☐ M ☐ F AGE BIRTHDATE PHONE -

ADDRESS

CITY STATE ZIP

Email address:

ADULT
RUN

☐ 10 Mile Championship Race ☐ 4 Mile Race ☐ 2 Mile Fun Run

KIDS
RUN

☐ 2 Mile Fun Run – Special Kid's pricing for kids age 0-14 = \$10(includes T-shirt & medal)
Name of School or Youth Group

T-
SHIRT

T-Shirt Size (Check ONE) T-Shirts only guaranteed race weekend to those registered by Feb 21, 2017
☐ 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

X

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 2017 Foggy Bottom Milk Run & Walk. ** ADA Accommodation Requests must be sent to USATF 6 week prior to the event for evaluation**