

# 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 11<sup>th</sup> at the Danish Hall 430 Ocean Ave  
Ferndale from 1pm-4pm, or on Sunday March 12<sup>th</sup> 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 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. **In the 10 mile race** – RRCA Championship  
Medals for open, masters, grand master, and senior  
grand masters; and 1<sup>st</sup> place in each 5 year increment 10  
mile masters age groups will receive a minted silver 5  
HUMS coin! 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.

## 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),

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

## FEES

RACE:	THRU 2/21:	2/22-3/10:	3/11-3/12:
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 ~ 40<sup>th</sup> 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. 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. **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!!**

