

FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 10 ~ 2019

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

WHERE & WHEN

The event will be held **Sunday, March 10, 2019.**
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 9th at the Danish Hall 430 Ocean Ave
Ferndale from 1pm-4pm, or on Sunday March 10th 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. 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(s).

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.

FEES

<u>RACE:</u>	<u>THRU 2/18:</u>	<u>2/19-3/8:</u>	<u>3/9-3/10:</u>
10 Mile	\$30.00	\$35.00	\$45.00
4 Mile	\$25.00	\$30.00	\$40.00
2 Mile	\$15.00	\$20.00	\$30.00
2 Mile ~ Price for Kids 14 & under ~ \$10.00 always			

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

T-SHIRTS

Race t-shirts are included with the registration fee and
guaranteed if registered by 2/18/19. (participants registering
2/19/19- thru 3/10/19 - t-shirts will be available until sold out).
There **will not** be a t-shirt re-order!
10 Mile event participants receive a tech t-shirt.
4 & 2 Mile event participants receive a cotton t-shirt.
Register early to guarantee your t-shirt!!

A Sunday ~ 42nd Annual ~ Run in Ferndale!

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

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 16, 2019 to guarantee t-shirts for early delivery to schools. School/Youth Group name must be included on the registration form(s). Questions? ~ foggybottommilkrun@gmail.com

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/KWPT ~ The Point
Please support these local businesses!!

