

# 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!!**

