

FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 11 ~ 2012

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

**USATF NATIONALLY CERTIFIED 4 & 10 MILE COURSES!

A SUNDAY RUN IN FERNDALE!

WHERE & WHEN

The event will be held on **Sunday, March 11th, 2012**. **4 & 10 mile at 12 noon / 2 mile at 2PM**. All races start/finish on Main Street near Ocean Avenue in the town of Ferndale.

AWARDS & RESULTS

Distinctive awards will be presented on race day to 1st place overall & masters male/female in all 3 races, as well as age group awards (5 year increments) for 4 & 10 mile races. (see School Registration below for 2 mile awards) Results will be posted in the Six Rivers Running Club April 2012 newsletter, and online at www.foggybottommilkrun.com, or www.6rrc.com or www.buzzwordproductions.com.

DIVISIONS

Age divisions for the **4 & 10 mile** races are 5 year increments: 5-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89. (see School Registration info below for age divisions in the 2 mile race.)

SORRY – BUT NOT ALLOWED:

Because of insurance limitations, we are unable to allow baby strollers, dogs, bicycles, skates, or roller blades in any of the races, or on the course.

REGISTRATION

To be a pre-registered runner, your entry form **MUST** be postmarked OR submitted online at www.6rrc.com or www.foggybottommilkrun.com, by **FRIDAY FEBRUARY 24th, 2012**. After this date, a late fee of \$5.00 per person will be added. Pre-registered runners may pick up race packets on Saturday, March 10th at the Arcata Jogg'n Shoppe (1090 G Street) between 12:00 noon & 5:00PM. Packets may also be picked up after 10:00AM race day, Sunday, March 11th, at the Danish Hall in Ferndale (on Ocean Ave. east of Main St)

LATE REGISTRATION

Late registration is any registration (mailed-in or submitted on-line) after February 24, 2012 and includes a \$5.00 late fee. Late registration may also be done in person on Saturday, March 10th at the Arcata Jogg'n Shoppe (1090 G Street) from 12:00 noon to 5:00PM. Or on race day, Sunday, March 11th, at the Danish Hall in Ferndale beginning **at 10:00AM for the 4 & 10 mile races, and at 11:30am for the 2 mile race.**

T-SHIRTS

A race t-shirt is included with the registration fee, and will be available for pre-reg packet pick up for those registered by **Friday, February 24, 2012**. For those late registering (after 2/24/12) a "rain check" may be issued. "Rain check" T-Shirts will be available for pick up after 3/19/12.

SCHOOL REGISTRATION – 2 MILE RACE ONLY:

Special entry fee - \$10/participant for the 2 mile race - boys and girls age 5-14 participating in elementary school or youth group registration (you do not need to be on a school team). 2 divisions: 5-9 and 10-14, boys and girls. Top 20 finishers in each age division, boys and girls, will receive individual awards. School team trophies (4) will be presented to winners of the team divisions (teams=5 or more same school/youth group) Contact your local school for more info. **SCHOOL REGISTRATION IS DUE BY FRIDAY, FEBRUARY 17th, 2012, to get T-shirts and race bibs delivered to your school during the week of March 5-9. You must include your school name on the registration form. Otherwise, there is no late fee for school age participants registering on-line or by mail.**

SIX RIVERS RUNNING CLUB WOULD LIKE TO THANK LAST YEAR'S 2011 BUSINESS SPONSORS

News Channel 3, KHUM, KSLG and the Point, North Coast CO-OP, Bien Padre,
The Jogg'n Shoppe, Murphy's Market, The Victorian Inn, Los Bagels,
Humboldt Creamery, Landmark Real Estate, Nilsen Company, US Bank,
Ramone's Bakery and Café, Fortuna Sport and Cycle, Loleta Cheese Company,
Valley Grocery and Umpqua Bank

Please support these fine local businesses!!

