

FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 8 ~ 2015

2015 RRCA California State Championship 10 Mile Race!
USATF Nationally Certified 4 & 10 Mile Courses!

WHERE & WHEN

The event will be held **Sunday, March 8, 2015.**
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 7th at the Arcata Jogg'n Shoppe 1090 G
St Arcata, CA from 12pm - 3pm, OR Sunday March 8th
at the Danish Hall 430 Ocean Ave Ferndale, CA from
10am - 11:30am for the 4 & 10 Mile events, and from
11:30am - 1:45pm for the 2 mile event.

AWARDS & RESULTS

Distinctive awards will be presented on race day to 1st
place overall & masters male/female in the 4 & 10 mile
races, as well as medals for all finishers. Additionally, 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 for masters age
groups will receive a minted silver 5 HUMS coin!
Results will be in the April 6RRC Newsletter and on our
website at 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 4989
Arcata, CA 95518 (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 2/15/15:</u>	<u>AFTER 2/15/15:</u>
10 Mile Champ.	\$25.00	\$30.00
4 Mile Run	\$25.00	\$30.00
2 Mile Fun Run	\$15.00	\$20.00
2 Mile Kid's Race	\$10.00	\$10.00

T-SHIRTS

Race t-shirts are included with the registration fee.
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).
For participants registering after 2/15/15 t-shirts may be
back ordered. Back ordered t-shirts will be available for pick
up after March 19th.

T-SHIRTS FOR SALE

Tech t-shirts may be purchased for \$15.00
Last year's tech t-shirts may be purchased for \$10.00
(Unisex sizing = S, M, L, XL only)

A Sunday Run in Ferndale!

SCHOOL AGE, SCHOOL TEAM, & YOUTH GROUP REGISTRATION ~ 2 MILE KID'S RACE

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 individuals: 5-9 & 10-14, girls & boys. The top 30 finishers in each division 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 and 3rd place teams will receive certificates. Teams = 5 or more participants, same school or youth group. Contact your local school/youth group for more info. **School/youth group registration is due by February 15, 2015 to guarantee t-shirts for early school delivery. You must include your school name or youth group name on the registration form(s).**

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Coast Central Credit Union, The Victorian Inn, Valley Grocery, US Bank,
Foster Dairy Farms/Humboldt Creamery,
The Jogg'n Shoppe, Fortuna Sport & Cycle, Nilsen Company,
Landmark Real Estate, KIEM News Channel 3, KHUM/The Point

Please help us support these fine local businesses!!

