

# 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 9<sup>th</sup> at the Danish Hall 430 Ocean Ave  
Ferndale from 1pm-4pm, or on Sunday March 10<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. 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).

## 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

<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](mailto: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 ~ 42<sup>nd</sup> 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. 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 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](mailto: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!!**

