

FOGGY BOTTOM MILK RUN & WALK

SUNDAY ~ MARCH 13 ~ 2016

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

USATF NATIONALLY CERTIFIED 4 & 10 MILE COURSES

In the Victorian Village of Ferndale



(Don't be late – reset your clocks Saturday night for daylight savings time!)

Complete form, sign waiver, enclose check made payable to FBMR

mail to: 2016 FBMR, c/o 6RRC P.O. BOX 129 BAYSIDE, CA 95524

FOR OFFICIAL USE ONLY

FIRST NAME LAST

CIRCLE ONE

SEX ☐ M ☐ F

AGE

BIRTHDATE

PHONE -

ADDRESS

CITY

STATE

ZIP

Email address:

RACE

☐ 10 Mile Championship Race

☐ 4 Mile Race

☐ 2 Mile Fun Run

KIDS
RUN



2 Mile Fun Run – Special Kid's pricing for kids age 0-14 = \$10(includes T-shirt & medal)

Name of School or Youth Group AC SAMOA

SHIRT

T-Shirt Size (Check ONE) T-Shirts only guaranteed race weekend to those registered by Feb 21, 2016

☐ Adult Small ☐ Adult Medium ☐ Adult Large ☐ Adult X-Large (all t-shirts unisex sizing)

☐ Child's Small ☐ Child's Medium ☐ Adult XX-Large - please add \$2 to entry fee if requesting XXL T-Shirt

X

Date

ALL ENTRANTS MUST SIGN WAIVER. (Parent or Guardian if under 18)

WAIVER: Intending to be legally bound, I do hereby certify that my training and health are adequate for me to safely compete. I will waive and release any claims for damages or injuries as a result of my participation in or my traveling to this event to the following entities: State of California, CalTrans, City of Ferndale, Ferndale Police Department, County of Humboldt, Six Rivers Running Club, RRCA, Event Sponsors, Event Volunteers, from any and all liabilities and claims made by other individuals or entities as a result of my actions during the 2016 Foggy Bottom Milk Run & Walk. ** ADA Accommodation Requests must be sent to USATF 6 week prior to the event for evaluation**