

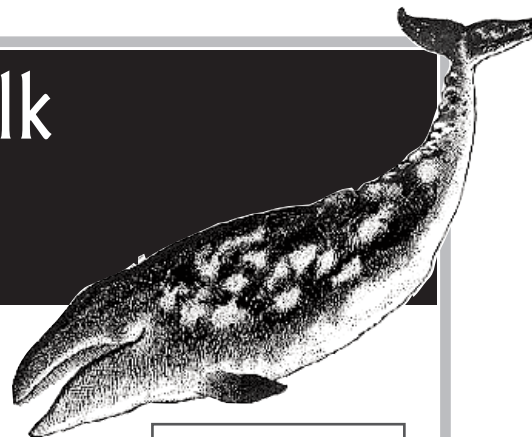
# 2012 Whale Run/Walk Registration Form

REGISTER BY MARCH 2nd to ensure a T-Shirt

Saturday, March 17, 2012

Start time 8am ~ Kiddies Race 7:40am  
Downtown Fort Bragg/Pudding Crk Trestle/Haul Rd

*Sponsored by Soroptimist International of Fort Bragg*



Mail to:  
Whale Run  
PO Box 131  
Fort Bragg, CA  
95437  
whalerun@mcn.org

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Male  Female \_\_\_Age \_\_\_\_\_Date of Birth \_\_\_\_\_

Event: (check one)

10K Run  5K Run  5K Competitive Walk

5K Fun Walk  Kiddies Race

T-shirt size: (✓ one)  S  M  L  XL  XXL

Waiver: In consideration of your accepting this entry, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may accrue against the persons and the organizations affiliated with the race and all injuries arising from my participation with the Soroptimist International of Fort Bragg Whale Run/Walk, March 17, 2012 or en route to or from the event. I attest and verify that I am physically fit and sufficiently trained to safely complete the race. I understand that the entry fee is nonrefundable and the assigned numbers are non-transferable. As part of the waiver I acknowledge that I have read and understood all of the above.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

# 2012 Course and Race Information

## LOCATION & COURSE

This year's Whale Run/Walk starts and finishes in the heart of Fort Bragg in the Skunk Train parking lot. It is an out and back race. Race participants start in the Skunk Train parking lot heading north:

- ➔ Participants run north to Pine St.
- ➔ Left on Pine St. to Stewart St.
- ➔ Right on Stewart St. to Elm St.
- ➔ Left on Elm St. to Glass Beach Dr.
- ➔ Right on Glass Beach Dr.
- ➔ Down Glass Beach Dr. to Pudding Crk Trestle.
- ➔ Crossing Pudding Crk Trestle to Haul Rd.
- ➔ Proceed to 10K & 5K turn around signs
- ➔ Return to Skunk Train parking lot via same route

A post card detailing the race route and general information will be sent to every resident along the race route one month in advance of event.

If you have any questions please contact:  
Joyce, Whale Run/Walk Event Coordinator:  
Call: 707-962-0211 Email: [whalerun@mcn.org](mailto:whalerun@mcn.org)

## KIDDIES RACE:

Ages: 4-5 run 1/4 mile; Ages: 6-10 run 1/2 mile.

Kiddies Race starts 7:40 am, 3/17/12

All participating kids will receive ribbons.

Race will be electronically timed by Capitol Road Race.



SPONSORED BY  
**S O R O P T I M I S T**  
Best for Women

**ALL WHALE RUN PROCEEDS** are returned to the community through Soroptimist college scholarships and awards to female heads of households to further their education. SIFB also supports Project Sanctuary and many other organizations on the Mendocino Coast.

## TO PARTICIPATE:

Fill out the Registration Form completely and legibly to prevent processing delays.

Register by **March 2<sup>nd</sup>** to ensure a t-shirt.

**On-line registration:** [www.theschedule.com](http://www.theschedule.com)

## RACE INFORMATION:

**Race Date:** Saturday, March 17, 2012

**Where:** Skunk Train Parking Lot, Fort Bragg

**Race Day Registration:** 6:30am to 7:45am

**Town Hall** (corner Hwy 1 & Laurel)

**Start Time:** 8:00am + Kiddie: 7:40am **Fees:**

Competitive Runners & Walkers . . . . . \$25

After 3/10 (no exceptions) . . . . . \$30

Fun Walkers . . . . . \$20

After 3/10 (no exceptions) . . . . . \$25

16 and under (through race day) . . . . . \$10



**Register by March 2<sup>nd</sup> to get a reduced rate & be guaranteed a t-shirt**

**Check-in:** Pick up t-shirt & race packet at

**Laurel Deli** (corner Hwy 1 & Laurel) on **3/16, 4 - 7pm**

**Town Hall** (corner Hwy 1 & Laurel) **3/17, 6:30 - 7:45am**

**AWARDS** Given 3 deep in all age divisions:

10K Run, 5K Run, 5K Competitive Walk

**Awards Ceremony** will take place near the finish

line in Skunk Train parking lot.

**Results Posted:** In the *Advocate News* and

on line at [theschedule.com](http://theschedule.com) and Whale Run site.

**Please no bicycles, skateboards or dogs  
Strollers OK for Fun Walk**

For more information: (707) 962-0211

e-mail: [whalerun@mcn.org](mailto:whalerun@mcn.org)

[www.soroptimistfortbraggca.org](http://www.soroptimistfortbraggca.org)

For accommodations in the Fort Bragg area contact:

**Mendocino Coast Chamber of Commerce**

(800) 726-2780



(707) 961-6300