

# 2019 Whale Run/Walk Registration Form

REGISTER BY MARCH 2 to ensure a T-Shirt

**Saturday, March 16, 2019**

**Kiddies Race 8:00am ~ 5K & 10K Run 8:30am ~ Fun Walkers 8:35am**

**Noyo Headlands Coastal Trail**

*Sponsored by Soroptimist International of Fort Bragg*

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

Name \_\_\_\_\_  
First Name Last Name

Address \_\_\_\_\_

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

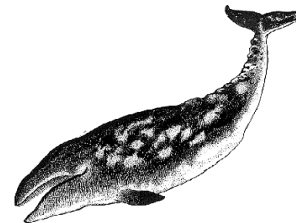
Phone \_\_\_\_\_ email \_\_\_\_\_

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

Event: (check one)

10K Run  5K Run

5K Fun Walk  Kiddies Race



Cotton Blend T long sleeve: S M L XL XXL Youth S Youth M

Performance T short sleeve: MaleS MaleM MaleL MaleXL MaleXXL

FemaleS FemaleM FemaleL FemaleXL FemaleXXL

CHECK this box after reading the City of Fort Bragg Waiver on Whale Run website and the SIFB waiver below:

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 16, 2019 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 non-refundable and the assigned numbers are nontransferable. As part of the waiver I acknowledge that I have read and understood all of the above.

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

(Parent must sign if event participant is under 18 years of age)

**Whale Run Website: [soroptimistfortbraggca.org](http://soroptimistfortbraggca.org) or Google "Whale Run"**