

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

KIDDIES RACE:

Ages: 4-5 run 1/4 mile; Ages: 6-10 run 1/2 mile.
Kiddies Race starts 7:45 am, 3/17/12
All participating kids will receive ribbons.

Race will be electronically timed by Capitol Road Race.



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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 **Monday, March 2nd** to ensure a t-shirt.
On-line registration: 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 2nd to get a reduced rate & be guaranteed a t-shirt

Check-in: Pick up t-shirt & race packet at **Laurels Deli** (corner Hwy 1 & Laurel) on **3/16, 5 - 7pm**
Town Hall (corner Hwy 1 & Laurel) **3/16, 6:30 - 7:45pm**
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 and Whale Run site

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

For more information: (707) 962-0211
e-mail: sifb@mcn.org
www.soroptimistfortbraggca.org

For accommodations in the Fort Bragg area contact:
Mendocino Coast Chamber of Commerce
(800) 726-2780  (707) 961-6300