

2010 Course and Race Information

LOCATION & COURSE

This year's Whale Run/Walk starts and finishes in the heart of Fort Bragg on West Laurel St*—highlighting the restored Pudding Creek Trestle Bridge:

- ➔ Start W. Laurel St and proceed north on thru parking lot behind Laurel's Deli. (Skunk Train parking lot)
- ➔ Left on Pine St. to Stewart
- ➔ Right on Stewart St. to Elm
- ➔ Left on Elm St. to Glass Beach Dr.
- ➔ Right on Glass Beach Dr. crossing Trestle to Haul Rd.
- ➔ Proceed to 10K & 5K turn around signs
- ➔ Return to W. Laurel St via same route

Encompassing the all-time favorite course—the Haul Road—with the sea by their sides throughout the race, participants will be treated to what makes the Haul Road the single most popular outing for Mendocino Coast locals. The course first cuts across coastal prairie studded with wildflowers; sandstone bluffs alternate with beaches and pooling stream-mouths, all flush with waterfowl. Spectacular sea and sky vistas, the freshest ocean breeze anywhere, and an occasional offshore spout make this year's the classic Whale Run course.

*W. Laurel will be closed to vehicular traffic during the race.



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Best for Women

A **SOROPTIMIST** is a leader in her community, actively engaged in management or professional capacity, in the private or public sector, or in any occupation with comparable status or responsibilities who believes that by joining with other women and engaging in Awareness, Advocacy and Action in the service of her community and society, she can make the world a better place for humankind.

ALL WHALE RUN PROCEEDS are returned to the community through 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 8th** to get a reduced rate and to ensure a great t-shirt.

On-line registration: www.theschedule.com

RACE INFORMATION:

Race Date: Saturday, March 20, 2010

Where: West Laurel St., Fort Bragg

Race Day Registration: 7am to 8:15am

Laurel St Deli, FB Depot (corner Hwy 1 & Laurel)

Start Time: 8:30 am

Entry Fees:

Competitive Runners & Walkers\$25
After Mon, 3/8 (no exceptions)\$30
Fun Walkers\$20
After Mon, 3/8 (no exceptions)\$25
16 and under (through race day)\$10



Register by March 8th to be guaranteed a t-shirt

Check-in: Pick up t-shirt & race packet at **Laurel St Deli, FB Depot** (corner Hwy 1 & Laurel) on **Friday, 3/19, 5 - 8pm** or on the morning of the race at the registration area.

Awards: Given 3 deep in all age divisions:
10K Run, 5K Run, 5K Competitive Walk

Awards Ceremony will take place near the finish line on West Laurel Street.

Results Posted: In the *Advocate News* and on line at www.theschedule.com

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

For more information: (707) 964-9551

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www.soroptimistfortbraggca.org

For accommodations in the Fort Bragg area contact:

Mendocino Coast Chamber of Commerce

(800) 726-2780



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