

2019 Course and Race Information

LOCATION & COURSE

KIDDIES RACE: Start 7:30am

- ➔ Start in Skunk Train parking lot
- ➔ Ages: 4-10 ~ 1/2 mile run
- ➔ All participating kids will receive ribbons

FUN WALKERS: Start 8:05am

- ➔ Start in Skunk Train parking lot
- ➔ LEFT on W Pine Street
- ➔ RIGHT on Stewart Street
- ➔ LEFT on W Elm Street
- ➔ STRAIGHT on Noyo Headlands Trail to end
- ➔ Return same route to Skunk Train parking lot

10K RUN/5K RUN: Start 8am

- ➔ Start in Skunk Train parking lot
- ➔ LEFT on W Pine Street
- ➔ RIGHT on Stewart Street
- ➔ LEFT on W Elm Street
- ➔ RIGHT on Glass Beach Drive
- ➔ CROSS Pudding Creek Trestle
- ➔ Onto the old Haul Road
- ➔ Race to 5K/10K marker
- ➔ Return same route to Skunk Train parking lot

Electronically timed by Capital Road Race Mgmt

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



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S O R O P T I M I S T
Best for Women

WHALE RUN PROCEEDS contribute to local high school scholarships and awards to female heads of households to further their education. Soroptimist International of Fort Bragg supports Project Sanctuary and many other organizations on the Mendocino Coast.

TO PARTICIPATE:

Fill out Registration Form (found on website). Register by **March 2** to ensure a t-shirt.

On-line registration:

SIFB website *see below*

➔ click Whale Run link > click ChronoTrack link



**Register by March 2
to receive a t-shirt**

RACE INFORMATION:

Race Date: Saturday, March 16, 2019

Where: Skunk Train, W. Laurel, Fort Bragg

REGISTRATION & PRE-REGISTERED:

T-shirt/Race Packet pick-up:

Day before Race, Fri, 3/15 ➔ 4pm - 6pm

Race Day, Sat, 3/16 ➔ 6:30am - 8am

➔ **BOTH at Town Hall** (corner Hwy 1 & Laurel)

Fees: Kiddies Race.....	\$5
10K & 5K.....	\$40
After 3/7 (no exceptions)	\$45
Fun Walkers.....	\$30
After 3/8 (n.e.) . . .	\$35
16 and under.....	\$15
After 3/8 (n.e.) . . .	\$20

AWARDS Given 3 deep in all age divisions:
10K Run, 5K Run

Awards Table in Skunk Train parking lot will have all medals & a photographer for your pic.

Results Posted: In the *Advocate News*,
chronotrack.com and Whale Run site (link below)

*For more Race information or
Lodging possibilities in the Fort Bragg area:*

E-mail: whalerun@mcn.org
Website: soroptimistfortbraggca.org

