

14th Annual Salmon



- 5000 (5K) Run
 - Duathlon
- ## SUNDAY

November 7th, 2010

9:00am Start

Knights Ferry, CA

Distances: The 5000 Run is 5K. The Duathlon is a 5K run, 30K bike and a 2.5K run.

Course: The old Knights Ferry Duathlon course – Run is a paved loop, the bike is a paved out-and-back with rolling hills.

Entry Fee: Duathlon - \$45.00 per person pre-registered, \$50.00 day of. Duathlon Relay (1 runner & 1 biker) \$85 per relay team pre-registered, \$95 day of. 5K Run - \$30.00 per person pre-registered, \$35.00 day of. Includes T-shirt, refreshments, beer and great prizes. On-line registration is available at www.active.com, or you can link through www.onyourmarkevents.com.

Race Packets: Numbers and T-shirts are not sent out in advance. Registration opens at 7:30 am.

T-Shirts: All pre-registered participants receive theirs prior to the event start. All race-day registrants will receive theirs upon completion and/or first come first served basis. All participants will receive a shirt.

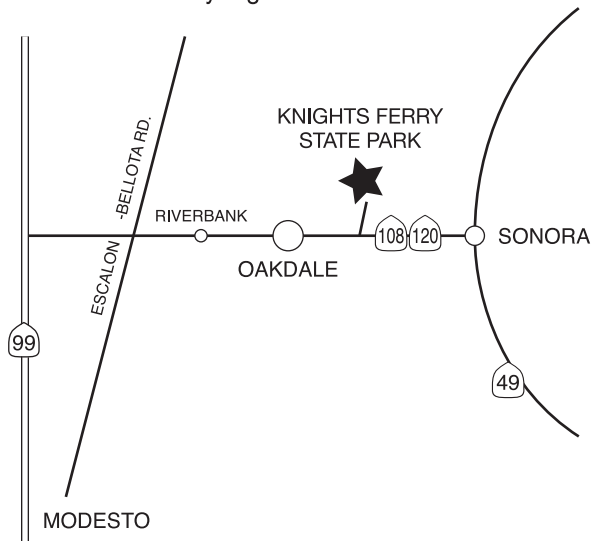
Awards: Medals three deep in ten year age groups through 70+. Great trophies to overall winners.

Results: Results will be posted as available. Timing is total time only. Results will be posted to onyourmarkevents.com

Prizes: Donated prizes will be raffled (by bib number) after the race. You must be present to win.

Benefits: The preservation of the salmon natural spawning habitat in the Stanislaus River.

Information: Call On Your Mark at 209/795-7832.
email Info@onyourmarkevents.com
or visit our website at onyourmarkevents.com



On Your Mark Events presents

the 14th Annual Salmon Duathlon and 5K Run

Please Print Clearly

Name _____ Age (on race day) _____

Address _____ Sex _____

City _____ State _____ Zip _____ Phone _____

Email Address _____

Duathlon

Duathlon Relay

5K Run

For entry send your completed form and non-refundable fee made out to On Your Mark to:
P.O. Box 1199,
Arnold, CA 95223
209/795-7832

Waiver to be signed on race day. Duathletes must use a bike helmet (CPSC approved)