

# 15th Annual Salmon



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

November 6th, 2011  
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](http://www.active.com), or you can link through [www.onyourmarkevents.com](http://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.

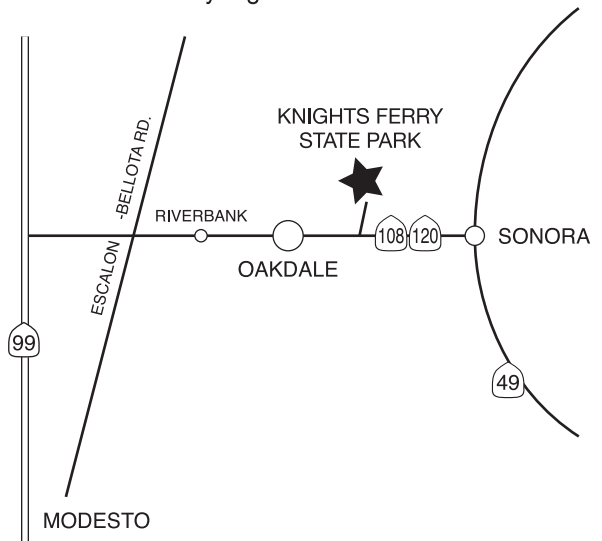
**Awards:** Medals three deep in ten year age groups through 70+. Great trophies to overall winners.

**Results:** Results will be posted as available. Timing is total time only. Results will be posted to [onyourmarkevents.com](http://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](mailto:Info@onyourmarkevents.com)  
or visit our website at [onyourmarkevents.com](http://onyourmarkevents.com)



On Your Mark Events presents  
**the 15th 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)**