



# Salmon Spawning 5k Run/Walk

Sunday, November 9, 2014

Portuguese Hall, 822 Stewart St, Fort Bragg, CA 95437

**Start/Finish:** Portuguese Hall, 822 Stewart St., Fort Bragg, CA, 95437, Fort Bragg, CA 95437.

**Start:** 9:00AM **Packet pick-up:** Race morning. **Race Day Registration:** Starts 7:30AM

**Course description:** Route is out/back. Course is city streets or paved road/trail along coastline.

**Entry fee:** \$25 early registration thru Sept 30<sup>th</sup>; \$30 thru Nov 1<sup>st</sup>; late and race day \$35.

**Download entry form:** <http://www.rdysetgo.com/salmon-spawning-5k-runwalk.html> (Online registration thru 11/6)

**Online registration:** <https://www.runsignup.com/Race/CA/FortBragg/SalmonSpawning5K>

**Event Management:** Ready Set Go Services, LLC. Contact Info: 707-468-0213, Email: [dottie@rdysetgo.com](mailto:dottie@rdysetgo.com)

**Web:** [www.rdysetgo.com](http://www.rdysetgo.com) **Timing provided by Ready Set Go Services, LLC**

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**RUN FOR THE SALMON, SO THE SALMON CAN RUN FOR US.** Love salmon? Want to keep wild salmon runs healthy and strong in California? Join the **Salmon Restoration Association**

(<http://www.salmonrestoration.com/>) in welcoming the return of wild salmon to Mendocino County's dramatic coastline. Featuring ocean views and salmon creeks, proceeds from the run go directly towards protecting and restoring wild salmon habitat. All runners receive discounted admission to the **Salmon Film Festival** ([www.salmonfilmfestival.org](http://www.salmonfilmfestival.org)) held over the weekend. Enjoy vintage cartoons, music videos, documentaries, and science talks on salmon culture and ecology.

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**Award Categories:** Overall 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & Female. **Age divisions:** Ribbons - 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. All participants will receive a t-shirt, as supplies last. Encourage pre-registration to receive requested size.

**Event:** Strollers and dogs are not encouraged to participate due to insurance limitations and road conditions. Walkers will be requested to start behind the runners.

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## Fill-In ENTRY FORM (please print clearly)

**Name: First:** \_\_\_\_\_ **Last:** \_\_\_\_\_

**Age:** \_\_\_\_ **DOB:** \_\_\_\_-\_\_\_\_-\_\_\_\_ **Gender:** circle one: Male / Female **T-Shirt Size:** S M L XL

**Mailing Address:** \_\_\_\_\_ **City** \_\_\_\_\_ **St** \_\_\_\_ **Zip** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_ **Phone ( )** \_\_\_\_\_ - \_\_\_\_\_

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Fee enclosed: Early registration mail deadline: postmark or received by 11/1/14

**Registration Fee:** \_\_\_\_ \$25 (thru 9/30/14) \_\_\_\_ \$30 (thru 11/1/14); \_\_\_\_ \$35 Late & Race Day

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Waiver: I know that walking or running a road race is potentially a hazardous activity. I should not enter & run or walk unless I am healthy and properly trained. I agree to abide by any decision of a race official. I assume all risks associated with participation in this event including, but not limited to, falls, contact & behavior with other participants, the effects of weather, & traffic & the conditions of the road, all such risks being known and appreciated by me. I also give permission to send information to me via email. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, my heirs and anyone entitled to act on my behalf, waive and release forever Ready, Set, Go!, the City of Ft Bragg, the Skunk Train, the Salmon Restoration Association, all volunteers, sponsors, their employees, representatives and successors from all claims and liabilities arising out of my participation in this event. It is also understood that due to insurance exclusion & course conditions, skates, skateboards, radio headsets and portable sound systems are not allowed on the course during the race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Participants under age 18 must be signed by parent or guardian)

Make payment to: Ready Set Go

Send entry form and fee to:

Ready Set Go Services, LLC, P.O. Box 856, Ukiah, CA 95482.

