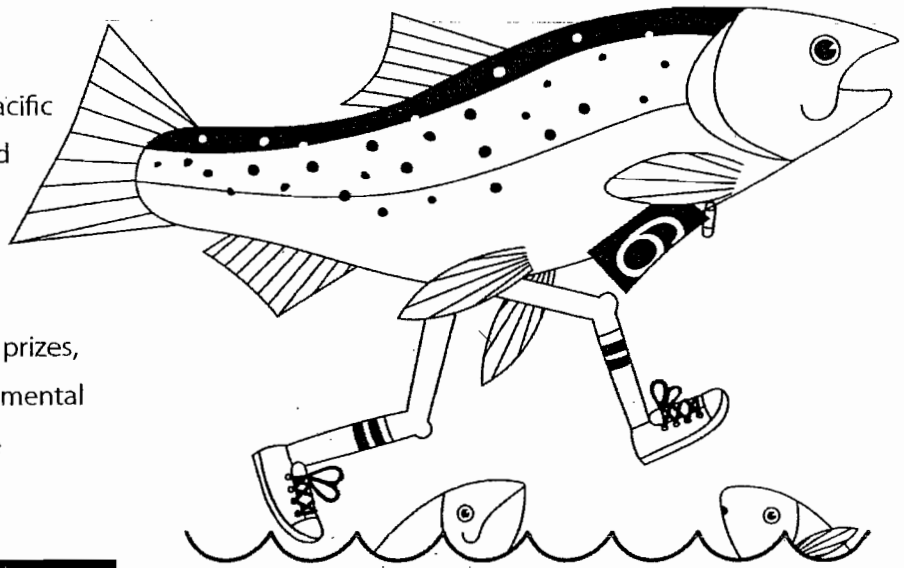


# Join us for the 13th annual Salmon Run 5K/3K walk

Runners, walkers and families are invited to join Patagonia, Great Pacific Iron Works, Real Cheap Sports and a long list of co-sponsors for a 5K run/3K walk benefiting Los Padres ForestWatch. This morning of fun will include great prizes, post-race entertainment, environmental exhibits and refreshments for the whole family.



**SPONSORED BY**



**When:** Sunday, Nov. 12, 2006, Check-in Time: 7:30 a.m.; Race Time: 8:30 a.m.

**Where:** Patagonia's upper parking lot (Main and Olive streets), Ventura

**What:** Certified 5K course along a flat dirt road

**Cost:** Adult pre-reg. \$25; Students 17 & under pre-reg. \$20; Day-of-race reg. \$30; Children 8 and under free; (Paid registration includes a beautiful 100% organic cotton Salmon Run T-shirt, runner's bag and drawing ticket.)

**(Please try to pre-register, as we might run out of T-shirts.)**

**Checks To:** Make your tax-deductible check payable to Los Padres ForestWatch

**Deadline:** Pre-registration must be received by 5 p.m. on Wed., Nov. 8. Mail it or drop it by:

- Great Pacific Iron Works, 235 W. Santa Clara St., Ventura CA 93001
- Real Cheap Sports, 36 W. Santa Clara St., Ventura, CA 93001
- Inside Track, 1410 E. Main St., Ventura CA 93001

**Prizes:** Patagonia® gear awarded for 1st, 2nd and 3rd place finishers in each age category.

**Refreshments:** Yes, Yum!

**Drawing:** Everyone is eligible to win great prizes after the race. Entrants receive a ticket for the drawing. You may also purchase tickets. Proceeds will benefit Los Padres ForestWatch.

**Information at:** Great Pacific Iron Works at 643-6074.

**REGISTRATION:** To register, please fill out this form and follow the directions above under entry fee and deadlines. Note: All participants must sign a waiver the day of the race. Minors must have an adult present. Please Print.

Last \_\_\_\_\_ First \_\_\_\_\_ Middle Initial \_\_\_\_\_

If under 18, Signature of Parent or Guardian \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Date \_\_\_\_\_

E-mail \_\_\_\_\_

Age Group (Check one)

- 8 or under
- 14-18
- 19-29
- 30-39
- 40-49
- 50-59
- 60 and over

Male  Female

Shirt Size (circle one)

- S    M    L    XL