



The 35th Annual
Salmon Creek
Beach Runs
August 7th 2011
Sunday 10:00 am



Course descriptions...

There are two events: The main event 5-Mile race, and a 2-Mile fun run and walk. Both events start at the same time, are out-and-back on the beach, and have a self-monitored turn-around point. You choose where you want to run on the beach – and have some say in whether or not your feet get wet!

Awards and Grand Prix...

There will be awards to the overall male and female winners of each race and divisional awards in the 5-Mile race only. Empire Runners Grand Prix points are awarded for both the 5-Mile and the 2-Mile race this year.

Following the Run...

There will be a potluck brunch after everyone is done running. Bring something to share and your own plastic/paper-ware. Please note that according to the California State Parks – “NO DOGS and NO FIRES are allowed on Salmon Creek Beach due to the protection of the snowy plovers, listed under the Federal Endangered Species Act as a threatened species.”

Directions...

Go West on HWY12/Bodega Hwy. Turn/merge right on CA Hwy 1 and go through town of Bodega Bay. Continue about 1.5 miles North of town and past the Salmon Creek Ranger Station. Park in lot on the left and at top of cliff. Down the steps to the beach for registration, running, eating, and playing.

Registration now open...

Register online at www.empirerunners.org, give cash to E. J. Bohn, or register on the morning of the race. Entry for either race is \$5 for Empire Runners club members and \$10 for guests.



For more information...

This event hosted by the Bohns. Contact E. J. Bohn by phone at 537 – 0513 (before 8:00pm) or by email at ejrun@sbcglobal.net

