Colonel Allensworth 4th Annual 5K Run Walk for Health
P.O. Box 192046
Sacramento, CA 95819

Colonel Allensworth Fourth Annual 5K Run Walk For Health

Saturday, October 8, 2011
Colonel Allensworth State Historic Park
9:00 a.m.

ABOUT THE EVENT

The purpose of the "Colonel Allensworth 5K Run/Walk for Health" is to raise support for the town of Allensworth, California, now a State Park and to raise awareness about health issues which is one of the highest priorities facing California and the country at large. In addition to the health benefits, all the proceeds from the event will benefit the park.

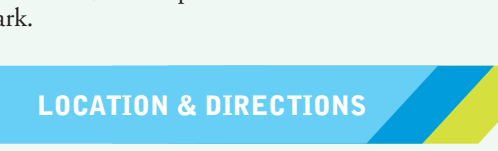
LOCATION & DIRECTIONS

The park is north of Bakersfield; 20 miles North of Wasco on Highway 43; seven miles West of Earlimart on County Road J22.

Directions (From Southern California).
From I-5 take 99 north; 30-miles past Bakersfield, EXIT at POND ROAD and keep going West approximately 7 miles to State Highway 43, from there, go right (on Highway 43) for about 8-miles to PALMER AVENUE, make a left over the railroad tracks, then turn right to enter the park.

Directions (From Northern California)
From State Highway 99 take the Alpaugh exit in Earlimart; turn right on County Road J22 (Sierra Way) go approximately 7 miles to State Highway 43, from there, go left 2 miles to PALMER AVENUE, make a right over the railroad tracks, turn right to enter the Park.

Earlimart, CA Latitude/Longitude: 35.8829/-119.3388



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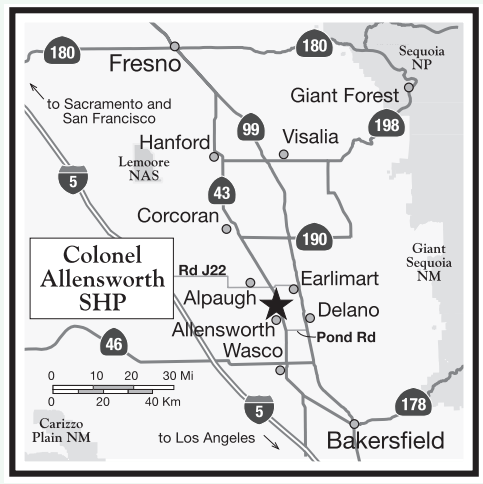

YOUR PARTICIPATION MAKES A DIFFERENCE

Proceeds will benefit Colonel Allensworth State Historic Park (SHP).

In August 1908 Colonel Allen Allensworth and four other settlers established a town founded financed and governed by African Americans. In 1974 California State parks purchased land within the historical town site of Allensworth and it became Colonel Allensworth State Historic Park.

The dream of the setters to develop an abundant and thriving community stemmed directly from a strong belief in programs that allowed African Americans to help themselves create better lives.

Today a collection of lovingly restored and reconstructed early 20th century buildings including the Colonel's House, historic schoolhouse, Baptist church and library once again dots this flat farm country, giving new life to the dreams of these visionary pioneers.

REGISTRATION FEES

Registration: $20 adults; $15 seniors; $7 (Youth 12 years and younger) payable to California State Parks Foundation.

For additional information please call: (916) 346-4767

Virtual Runner Walker: Donation of $20 or more you will receive your T-shirt by mail.

INFORMATION

When: Saturday, October 8, 2011 at 9:00 a.m.

Race Location: Colonel Allensworth SHP which is located ten miles Southwest of Earlimart on County Road J22. From Highway 99, take County Road J22 west to Highway 43 south and turn into the park at Palmer Avenue.

Course: Our certified 5K Run Walk course will begin and end at Colonel Allensworth SHP.

Features: T-shirt, Refreshments, Random Drawing, Timing, aid stations stocked with water, healthy eats and volunteers.

Awards Ceremony: The fastest three male and female finishers for the 5K Run Walk in each age Division: 12 under, 13-15, 16-19, 20-29, 30-39,40-49, 50-59, 60-69, 70-over will receive a trophy.

Entry Fee: Before September 30, 2011, $20 for adults; $15 seniors; $7 for youth 12 years and younger.

Entry fees after October 7, 2011, adults $22, $16 seniors and $8 for youths 12 years and younger.

Register online at:
http://www.active.com/event_detail.cfm?event_id=1926413

2010's Colonel Allensworth 5K Run Walkers!

Colonel Allensworth Run 5K Walk For Health

Saturday, October 8, 2011
9:00 AM
ENTRY FORM

First Name _____

Last Name _____

Age On Date Of Race _____ **Gender** _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone # _____

E-Mail _____

Circle Run Walk Type: 5K Run Walk
Virtual Runner Walker

Circle Adult Size T-shirt: S M L XL 2X 3X

Waiver: In consideration of your acceptance of our entry, we intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive and release forever any and all rights and claims or damages we may accrue against California State Parks, California State Parks Foundation, volunteers and any sponsors of the race, their successors and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the Colonel Allensworth 4th Annual 5K Run Walk For Health. We attest and verify that we have full knowledge of the risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness or other incapacity, regardless of whether we have authorized such expenses and that we are physically fit to participate in this event. We grant permission to use our likeness taken in connection with this event without compensation. We have read the entry information on this form is true and complete.

Signature _____

Date _____

Note: All entrants must sign the waiver. (Parent/Guardian if under 18). Unsigned entries cannot be accepted. Attendance at event is consent to be photographed.

Make checks payable to: *California State Park Foundation*

Complete form, sign waiver, enclose check and mail to:

Colonel Allensworth 4th Annual 5K Run Walk for Health
P.O. Box 192046, Sacramento, CA 95819

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Colonel Allensworth Run 5K Walk For Health

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ENTRY FORM

First Name _____

Last Name _____

Age On Date Of Race _____ **Gender** _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone # _____

E-Mail _____

Circle Run Walk Type: 5K Run Walk
Virtual Runner Walker

Circle Adult Size T-shirt: S M L XL 2X 3X

Waiver: In consideration of your acceptance of our entry, we intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive and release forever any and all rights and claims or damages we may accrue against California State Parks, California State Parks Foundation, volunteers and any sponsors of the race, their successors and representatives, for any and all injuries suffered by our members while traveling to and from and participating in the Colonel Allensworth 4th Annual 5K Run Walk For Health. We attest and verify that we have full knowledge of the risks involved in this event, including, but not limited to, those caused by terrain, wildlife, weather, condition of the athlete, vehicle, other participants and lack of hydration, that we will assume those risks, that we will assume and pay our own medical emergency expenses in the event of an accident, illness or other incapacity, regardless of whether we have authorized such expenses and that we are physically fit to participate in this event. We grant permission to use our likeness taken in connection with this event without compensation. We have read the entry information on this form is true and complete.

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