

# News Release



FOR IMMEDIATE RELEASE  
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## Colonel Allensworth 5th Annual 5K Run Walk for Health

Colonel Allensworth State Historic Park (SHP) and the Friends of Allensworth hosts the 104<sup>th</sup> Annual Rededication Festival in Allensworth, California, on October 13, 2012, from 9:00 a.m. to 4:00 p.m. The Celebration begins with a 5K Run/Walk for Health at 9:00 a.m. and the entertainment starts at 12:00p.m. This event will raise support for the town of Allensworth, California, which is now a State Park and also raise awareness about health issues which is one of the highest priorities facing California and the Country at large. All proceeds from the 5K Run/Walk will benefit Colonel Allensworth (SHP).

This certified 5K Run/Walk will start at 9:00 a.m. and will begin and end at Colonel Allensworth SHP. Register online at <http://www.active.com/5k-race/earlimart-california-ca/5th-annual-colonel-allensworth-5k-run---walk-for-health-2012>. Colonel Allensworth SHP 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.

The three fastest male and female finishers in each age division will receive a trophy. Features of the event include a t-shirt, refreshments, stations stocked with water, healthy eats and volunteers.

Entry fees are \$22 for adults, \$16 for seniors, and \$8 for youths 12 years and younger.

For additional information concerning registration and event activities please call (916)346-4767 or go to [http://www.parks.ca.gov/?page\\_id=583](http://www.parks.ca.gov/?page_id=583).

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