



News Release

FOR IMMEDIATE RELEASE

August 25, 2008

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Running and Walking Provides Health and \$\$\$\$ Support for Centennial Celebration for Allensworth

If you want to raise your support for the Centennial Celebration of the town of Allensworth, and raise your heart rate to more healthful levels, here's how to do it. You can join the Colonel Allensworth 5K Run / Walk for Health on October 11, the opening day of the Centennial celebration. If you're a runner, go for it. If a walker, that's fine and still fun.

This year is the 100th Anniversary of the establishment of the town of Allensworth, California, now a State Historic Park. California State Parks will observe this important landmark Anniversary at the "Annual Town Rededication" which will be held at Colonel Allensworth State Historic Park (SHP) on October 11-12, 2008 from 10:00 a.m. to 4:00 p.m.

On October 11, 2008, the festivities will begin at 9:00 a.m. with a "Colonel Allensworth 5K Run / Walk for Health". Health issues are one of the highest priorities facing California and the country at large and this event will bring focus to this important issue. In addition to the health benefits, all the proceeds from the event will benefit the park.

This certified 5K Run / Walk will begin and end at Colonel Allensworth SHP in front of the school house. And here is the side benefit, with a little running and walking, you get a scenic tour of the restoration efforts for the residential neighborhood nearby.

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

Entry fee before September 30, 2008 is \$25 for adults and \$12 for youth 12 years and younger. Entry fees after September 30, 2008 is adults \$30 and \$15 for youth 12 years and younger. **For additional information concerning registration and event activities please call (916) 375-5911.**

Colonel Allensworth SHP is located in Tulare County, 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.

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