

32nd Annual Fourth of July 5-Miler

Come take part in Sacramento's Oldest Running Event!

What: FREE 5-Mile Run/Walk

When: Friday, July 4th 2008

Time: 7:15 AM to 7:45 AM—Sign in (Everyone must sign a waiver.)
7:45 AM—Start of Kids' Half-Mile Race (Ages 10 and younger)
8:00 AM—Start of 5-Mile Race

Where: Glen Hall Park (Corner of Sandburg & Carlson Drive in River Park), directly north of CSUS

Cost: FREE!

T-Shirts: Are you kidding? Bring your own!

Directions

From Hwy 50 West: Exit Power Inn/Howe Ave—Take right at Howe. Follow Howe approximately 1.5 miles to Fair Oaks Blvd (Also J Street) and turn left. Head .75 miles to Carlson Drive and turn right. Proceed 1 mile to Glen Hall Park.

From Hwy 50 East: Exit Power Inn/Howe Ave—Turn left at Howe. Follow Howe approximately 1.5 miles to Fair Oaks Blvd (Also J Street) and turn left. Head .75 miles to Carlson Drive and turn right. Proceed 1 mile to Glen Hall Park.

From Capitol City Freeway East: Exit H Street. Take H Street approximately 2.5 miles to Carlson Drive. Turn left on Carlson and proceed 1 mile to Glen Hall Park.

From Capitol City Freeway West: Exit E street and head to H Street. Turn left on H Street. Follow H Street approximately 2.5 miles to Carlson Drive. Turn left and proceed 1 mile to Glen Hall Park. Plenty of parking is available in the neighborhood but **Please Be Courteous!**

Safety First! Please no dogs, water buffalo, or headphones!

Special Thanks To: Buffalo Chips Running Club, and **your name** here.