



Press Release – for Your Club’s Website and Event Calendar.

The Sixth Annual Gualala River 5K & 10K Runs and 5K Fun Walk is Saturday , October 16, 2010, 9 AM in Gualala CA. We offer trophies for Men and Women’s Teams in the 10K. We award individual trophies for fastest man and woman and individual medals three deep in 10 age categories for the 5K and 10K runs. The start/finish is Gualala Arts Center, 46501 Gualala Road, Gualala, CA 95445.

TEAM DISCOUNTS – New in 2010: Team trophies awarded for the fastest times of five team members in the 10K. Register four members and get the fifth one free. **A savings of \$30.** Team member times count in the individual age categories also.

To Register: Download an entry from www.actionnetwork.info or register online at www.active.com-Gualala River Run

Action Network Family Resource Centers in Gualala and Point Arena, CA produce the event. Funds help children ages 0-5 and over 500 children who attend local schools through our Across the Ages and Culture Substance Abuse and Violence Prevention Programs.

Bonus Event - Bodies in Motion Art Contest for children K-12. Winners to be announced October 9, 5-7 PM at an awards dinner open to the public at Gualala Community. Entry is free. Call Action Network, 707-884-5413, contest rules and deadlines.

Please list these events on your club’s website and in your newsletter calendar of events.

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