



ALL NATIONS RUN

3K • 5K

HALLOWEEN FUN RUN
OCTOBER 7
 SATURDAY • 10AM
 REGISTRATION OPENS AT 9AM

PRIZES FOR BEST COSTUMES!

NOT PARTICIPATING?
 YOU CAN STILL ENJOY THE BBQ WITH YOUR FRIENDS!
\$5

EVENT OVERVIEW

Have a spooktacular day and stroll, walk or run some of the most beautiful trails in El Dorado County. Climb the barricades if you dare! Obstacles and Halloween costumes are fun and they are optional. The whole family is welcome! Enjoy a BBQ with featured speaker Gold Medalist Billy Mills! Prizes for the best costumes!

LOCATION

South of Hwy 50 at Shingle Springs Drive • Shingle Springs, CA

PRE-REGISTRATION (BY WEDNESDAY, OCT. 4)

- <http://allnationsrun.eventbrite.com>
- \$20 - General/Adult (18 years and older) • \$10 - students/children
- Pre-registration includes race shirt, medal and BBQ

RACE DAY REGISTRATION

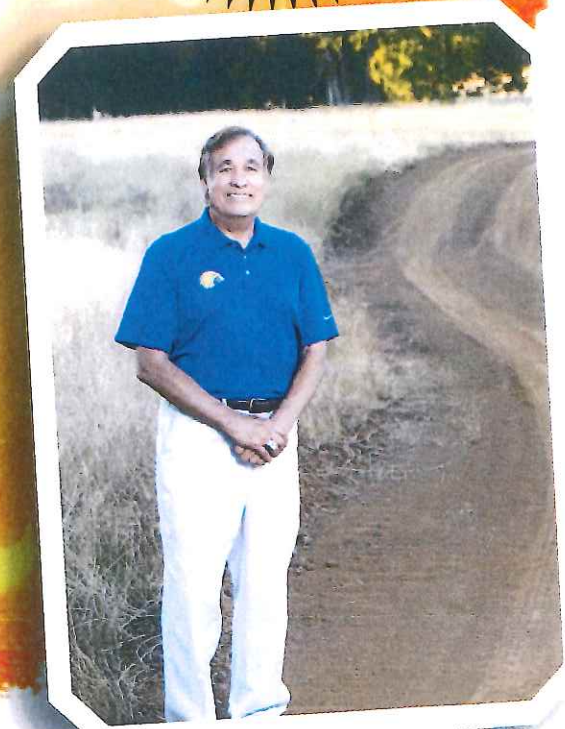
- \$25 - General/Adult (18 years and older) • \$15 - students/children
- Includes BBQ
- For Race Day Registration, shirts and medals are available while supplies last

FOR MORE INFORMATION

- Call 530-387-4183

MEET OLYMPIAN BILLY MILLS

Billy Mills won gold in 10,000 meters at the 1964 Tokyo Olympics and was elected to the U.S. Olympic Hall of Fame in 1984. Billy is a member of the Oglala Lakota (Sioux) Tribe and his "Running Strong" Foundation raises money for Native American youth. He'll tell his inspirational story at the BBQ after the run.



PROCEEDS BENEFIT THE RUNNING STRONG FOUNDATION.