

HIKING FOR HEALTH 5K & COMMUNITY WALK



IN O'LENO STATE PARK

Located 6 miles north of High Springs on Hwy. 441

September 26, 2015

8:00 a.m.



Make a commitment to being healthy and active!

The Florida Department of Health in Columbia County will be hosting a family friendly 5K run/walk and Community Walk along O'Leno State Park's 3.3 mile main paved drive.

The Department will be on hand to help you track your weight and BMI. Community Walks will continue throughout the year on the 3rd Saturday of each month. Admission and registration fee to all run/walk participants will be waived. Complimentary gift bags will be given to the first 100 registered participants.

Enjoy Life! Be outside!

Health checks and registration begins at 7:15 a.m.

Walk begins at 8:00 a.m.

Then stay and participate in the NPLD River Clean-Up!



National Public Lands Day

RIVER CLEAN-UP

Date: September 26, 2015

Time: 9:00 a.m. – 12:00 p.m.



National Public Lands Day is the nation's largest hands-on volunteer effort to improve and enhance the public lands Americans enjoy. O'Leno State Park will be hosting a River Clean-up in conjunction with the Great Suwannee River Clean-up in honor of National Public Lands Day. Bring your canoe or kayak, or show up in old shoes and work from the river bank. This river clean-up will take place between Bible Camp Road boat ramp and the River Sink within O'Leno State Park. **The River Clean-up will take place only if the water is at a safe level.** Call the number below for more information. Groups, families, and individuals...everyone is welcome! Please dress appropriately for your comfort and bring gloves, water, sunscreen and insect spray. **Pre-registration required!** Lunch will be provided following the clean-up by the Friends of O'Leno, Inc.

A day to give....a lifetime to enjoy.

Fee: All participants will receive free entry

To pre-register please contact: Cindy Preston 386-454-0723

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