

# Join Former 49er **JAMIE WILLIAMS** for a Walk by the Bay



## At the Fifth Annual **Soul Stroll**<sup>SM</sup> FOR HEALTH 2006



**SATURDAY  
MAY 20**

**10 a.m. - 1 p.m.**  
Coyote Point Park  
San Mateo, CA

**Free health  
screenings  
& information**

**Children's  
activities**

**Continental  
breakfast &  
lunch provided**

One-, three- and five-mile courses will be marked along the beautiful Bayfront path in San Mateo's Coyote Point Park. Walk as little or as far as you like, at your own pace.

Join us and make Soul Stroll for Health 2006 another big success!

**REGISTRATION IS \$15** which helps fund the African American Community Health Advisory Committee's work including free screenings

and education. Registered participants age five and older receive a free commemorative T-shirt, refreshments, gifts and other great prizes. *Children under age five are free.*

**Register by Tuesday, May 16** to be entered in an early-bird drawing!



For more information, call (650) 696 4275 or visit our web site at [www.aachac.org](http://www.aachac.org)

PLEASE PRINT. Detach and mail with your check or money order.

GROUP/CHURCH NAME \_\_\_\_\_

FIRST NAME(S)


LAST NAME(S) / GROUP NAME


ADULT YOUTH

<input type="checkbox"/>	<input type="checkbox"/>
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ADDRESS


PHONE

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CITY

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STATE

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ZIP

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E-MAIL

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AMOUNT ENCLOSED

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UNABLE TO ATTEND, BUT WOULD LIKE TO MAKE A CONTRIBUTION (CHECK BOX)

**Mail to:**  
**Soul Stroll 2006**  
**3377 Deer Valley Rd.**  
**#336**  
**Antioch, CA 94531**

FOR ADDITIONAL REGISTRATION FORMS, VISIT [WWW.AACHAC.ORG](http://WWW.AACHAC.ORG)

PLEASE MAKE CHECK PAYABLE TO  
MILLS-PENINSULA HOSPITAL FOUNDATION

REGISTRATION

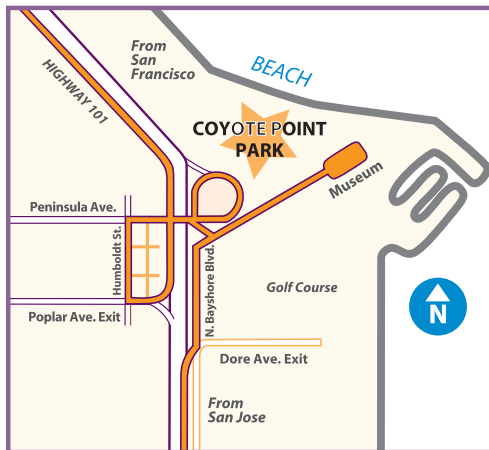


**Soul Stroll**  
FOR HEALTH 2006

**SATURDAY  
MAY 20, 2006  
SCHEDULE**

**9:30am Registration**  
**10:15 Warm-up**  
**10:30 Walk**  
**Lunch following your walk**

**Directions to Coyote Point Park in San Mateo**



When coming from the north (San Francisco)

- Use Highway 101 South
- Take the Poplar Ave. exit
- Turn right onto Humboldt until Peninsula Ave.
- Turn right onto Peninsula Ave.
- Go over the freeway, and then circle around and into the park

When coming from the south (San Jose)

- Use Highway 101 North
- Take the Dore Ave. exit
- Immediately turn left onto North Bayshore Blvd.
- Turn right onto Coyote Point Drive to the park

SamTrans buses provide service to key destinations throughout San Mateo County and San Francisco, such as work, schools, malls, civic centers and parks. Please visit Samtrans web site to find out how you can take one of their buses to the park.