

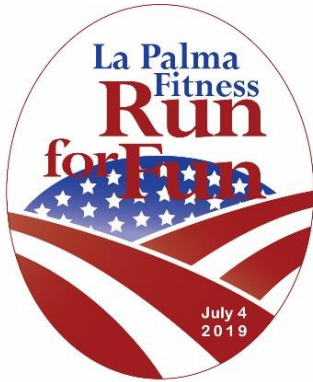
# CITY OF LA PALMA

# NEWS RELEASE

7822 Walker Street • La Palma • California • 90623 • (714) 690-3300 • [www.cityoflapalma.org](http://www.cityoflapalma.org)

For Immediate Release  
May 1, 2019

## July 4<sup>th</sup> Fitness Run for Fun Early Bird Registration!



LA PALMA, Calif. – Start your Fourth of July off with the 39<sup>th</sup> *La Palma Fitness Run for Fun* which will be held on Thursday, July 4, 2019, starting at 7:30 a.m. near La Palma’s Central Park (7821 Walker Street). This event features a competitive 5K Run, 10K Run, and a competitive 5K Walk – one of the few in Southern California. Parents can also introduce their children to the joy of running in the non-competitive Yankee Doodle Dash for participants’ ages 2 to 12 years old. Yankee Doodle Dash runners will receive an official race bib and a participation medal.

You benefit by registering early! Register before May 31 for only \$32 or before June 30 for \$37, by registering online you will receive a commemorative race shirt (excludes the Yankee Doodle Dash participants) and all runners finishing the race will receive a finisher medal! The Run for Fun would not be possible without the City’s Sponsors: EDCO-Park Disposal and Rutan & Tucker, LLP.

For more information, including pricing and to register, please visit: [www.cityoflapalma.org/run](http://www.cityoflapalma.org/run) or call (714) 690-3350.

### ***About the City of La Palma***

Ranked by Money Magazine in 2015, 2013, 2011, and 2007 as one of America’s Best Places to Live, the City of La Palma is a 1.9 square mile general law city in northwest Orange County, consisting of over 15,568 residents and approximately 300 commercial and industrial businesses. The City was incorporated in 1955 under the name of Dairyland and has 52 full-time and 35 part-time employees.

### ***Contact Information***

Ryan Hallett Hinton  
Assistant to the City Manager  
7822 Walker Street  
La Palma, CA 90623  
Tel: (714) 690-3337  
Fax: (714) 690-3346  
Email: [ryanh@cityoflapalma.org](mailto:ryanh@cityoflapalma.org)

- # # # -