



CITY OF LA PALMA

NEWS RELEASE

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For Immediate Release
June 27, 2019

La Palma's Fitness Run for Fun Pre-Registration Ends June 30

LA PALMA, Calif. – Join us for La Palma's 39th annual Fitness Run for Fun on Thursday, July 4, which features a competitive 5K and 10K Run, a 5K Walk – one of the few in Southern California – and a non-competitive Yankee Doodle Dash for kids ages 12 and under. This is a great, healthy way to start off your 4th of July celebration!

Pre-registration is open until June 30 at the following prices:

- \$37 – Registration with a Complimentary T-Shirt (fees may apply)
- \$10 – Yankee Doodle Dash (for kids ages 12 and under)
- \$5 – Pancake Breakfast Ticket (same price on Race Day)

After June 30 you will only be able to register on Race Day, starting at 6:00 a.m., for the following prices:

- \$42 - Entry Fee (no commemorative t-shirt included)
- \$12 - Yankee Doodle Dash
- \$12 – 2019 Fitness Run for Fun T-Shirt

After the competitions, gather your family and friends together and head over to the Fun Zone in Central Park. Don't forget to stop by the Central Park Pavilion at 9:15am for the Awards Ceremony. The top three finishers in each category will be recognized with cash prizes given to the overall top male and female finishers in each race.

As a reminder to residents, the following full and partial street closures will be in effect until approximately 10am:

- Walker St. (Crescent to Thelma starting at 6:30am; Thelma to Houston starting at 7am)
- Houston Ave. (Walker to Moody, Chartres Ln., Toulouse Dr., and Orleans Ln. starting at 7am)
- Moody St. – Number 2 northbound lane (Houston to Crescent) starting at 5am
- Crescent Ave. – Number 2 westbound lane (Moody to Walker) starting at 5am

For more information or to register, please visit: www.CityofLaPalma.org/Run

The Fitness Run would not be possible without the City's Sponsors: EDCO Park Disposal and Rutan & Tucker, LLP.

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 53 full-time and 35 part-time employees.

Contact Information

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