



# NEWS RELEASE

**City of La Palma**  
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[www.cityoflapalma.org](http://www.cityoflapalma.org)

**Date:** March 30, 2023  
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FOR IMMEDIATE RELEASE

## La Palma's 2023 Fitness Run for Fun Registration Opens April 3<sup>rd</sup>

*LA PALMA, Calif.* – On July 4, 2023, kick off your Fourth of July festivities with the 41<sup>st</sup> Annual La Palma Fitness Run For Fun! The event begins at 7:30 a.m. near La Palma's Central Park, located at 7821 Walker Street. This year's event will feature a competitive 5K Run, 10K Run, and a unique Southern California offering - a competitive 5K Walk. Parents looking to share the joy of running with their children (ages 2-12) can register them for the non-competitive Yankee Doodle Dash. All Yankee Doodle Dash runners will receive an official race bib and a participation medal.



Registering early for the race comes with benefits! By signing up before April 30, you'll pay only \$27. The fee increases to \$32 for those who register by May 31, and to \$37 for those who register by June 30. Additionally, early registrants (excluding Yankee Doodle Dash participants) will receive a commemorative race shirt. During the awards ceremony, cash prizes will be awarded to the overall top male and female finishers in each race, as well as to the top three finishers in each category. And all participants who complete the race will receive a finisher medal!

For more information, including pricing and registration, 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.

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