



# NEWS RELEASE

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

**Date:** June 27, 2023  
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FOR IMMEDIATE RELEASE

## La Palma's 2023 Fitness Run for Fun Pre-Registration Ends on Friday, June 30<sup>th</sup>

LA PALMA, Calif. – Bring out your family, friends, and neighbors for La Palma's 41<sup>ST</sup> Annual Fitness Run for Fun! This event features a competitive 5K and 10K Run plus a 5K Walk and the Yankee Doodle Dash for kids ages 12 and under. This is a great and healthy way for you to start your 4th of July while also experiencing a small-town, community event!

Online pre-registration is open until June 30, at the following prices:

- \$37 – Registration with a Complimentary T-Shirt (credit card fees apply)
- \$10 – Yankee Doodle Dash (ages 12 and under)
- \$7.50 – Pancake Breakfast Ticket

After June 30<sup>th</sup> you will only be able to register on Race Day (July 4<sup>th</sup>), starting at 6:00 a.m., for the following prices:

- \$42 – Entry Fee Only (no complimentary t-shirt)
- \$12 – Yankee Doodle Dash
- \$12 – 2023 Fitness Run for Fun T-Shirt
- \$8 – Pancake Breakfast

After you have competed or cheered your heart out as a participant or spectator, gather your family together and head over to the Family Fun Zone! Celebrate America's birthday with all the family fun activities and don't forget to stop by the Central Park Pavilion at 9:15 AM for the Awards Ceremony! 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!

As a reminder to La Palma residents, full and partial street closures will be in effect until approximately 10:00 AM. For more information, 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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