



CITY OF LA PALMA

NEWS RELEASE

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For Immediate Release
May 7, 2014

Register Now for the La Palma Fitness Run for Fun

LA PALMA, Calif. – The 34th *La Palma Fitness Run for Fun* will be held on Friday, July 4, 2014, 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.

Participants are encouraged to register online prior to June 30; to receive discounted pricing and commemorative t-shirts. Thereafter, participants must register on race day starting at 6:00 a.m.

For more information, including pricing and registration, please visit: www.cityoflapalma.org/RunForFun or call (714) 690-3350.

The *La Palma Fitness Run for Fun* would not be possible without the City's Corporate Connection Sponsors: La Palma Intercommunity Hospital, Rosendin Electric, EDCO/Park Disposal, Care Ambulance Service, West Coast Arborist, and Multi-Sales Company.

About the City of La Palma

Ranked by Money Magazine in 2007, 2011, and 2013 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 15,568 residents and 482 commercial and industrial businesses. The City was incorporated in 1955 under the name of Dairyland and has 56 full-time and 35 part-time employees.

Contact Information

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