



# CITY OF LA PALMA

# NEWS RELEASE

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For Immediate Release  
June 19, 2014

## La Palma's Fitness Run for Fun – The Healthy Way to Kick Off Independence Day

LA PALMA, Calif. – Bring out your family, friends, and neighbors for La Palma's 34th Annual Fitness Run for Fun, Friday, July 4th, starting at 7:30 a.m., near La Palma's Central Park. This event features a competitive 5K and 10K Run, a 5K Walk, and the Yankee Doodle Dash for kids 12 and under. This is a great and healthy way for families to start the Independence Day celebration! Preregistration is open, until June 30, at the City's website or in-person at the Community Services Department, 7821 Walker Street. Preregistration prices are as follows:

- \$29- Online Registration with a commemorative T-Shirt (credit card fees apply)**
- \$37- Mail/In-Person Entry Fee with T-Shirt
- \$32- Mail/In-Person Entry Fee Only (No T-Shirt)
- \$10- Yankee Doodle Dash for kids 12 and under
- \$5- Pancake Breakfast Tickets

After June 30, participants will only be able to register on the day of the event, starting at 6:30 a.m., for the following prices: \$42 In-Person Entry Fee (no t-shirt) or \$12 for the Yankee Doodle Dash (subject to availability). For online registration or more information, please visit [www.cityoflapalma.org/RunForFun](http://www.cityoflapalma.org/RunForFun) or call (714) 690-3350.

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

After you have run 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 and participate in family games, crafts and activities! The Family Fun Zone is fun for all ages!

As a reminder, the following streets will be fully closed or partially disrupted on Friday, July 4, until approximately 9:30 a.m.:

- Moody Avenue, northbound (Crescent to Houston) starting at 5:00 a.m.
- Crescent Avenue, westbound (Moody to Walker) starting at 5:00 a.m.
- Walker Street (Crescent to Houston) starting at 6:30 a.m.
- Houston Avenue (Walker to Moody) starting at 7:00 a.m.
- Chartres Lane, Toulouse Drive and Orleans starting at 7:30 a.m.

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**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 55 full-time and 35 part-time employees.

**Contact Information**

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