



CITY OF LA PALMA NEWSRELEASE

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Register Now for the La Palma Fitness Run for Fun

The 30th *La Palma Fitness Run for Fun* will be held on Saturday, July 3, 2010, at 7:30 a.m. starting near La Palma's Central Park, 7821 Walker Street, La Palma, California. Participants that register prior to June 18 receive a discounted rate of \$25 and those that register online receive an even greater discount of just \$22 per person. This event features competitive 5K and 10K Runs, plus a competitive 5K Walk – one of the few in Southern California. For more information or to register for the event, please visit: www.cityoflapalma.org/runforfun or call (714) 690-3350.

In 30 years of running through the small town of La Palma, runners have completed 186,000 miles, used 180,000 cups and 1,500 gallons of water, community members have volunteered 15,000 hours, and 2,520 awards have been earned. Whether you are a long-time participant or if this is your first race, join us to celebrate this milestone.



About the City of La Palma

The City of La Palma is a 1.9 square mile general law city in northwest Orange County, consisting of 16,081 residents and 482 commercial and industrial businesses. The City was incorporated in 1955 under the name of Dairyland and has 65 full-time and 35 part-time employees.

Contact Information

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