



# CITY OF LA PALMA

# NEWS RELEASE

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For Immediate Release  
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## La Palma Fitness Run for Fun on Monday July 4

The 31st annual *La Palma Fitness Run for Fun* will be held on Monday, July 4, 2011, starting at 7:30 a.m. near La Palma's Central Park, 7821 Walker Street. This event features competitive 5K and 10K Runs, plus a competitive 5K Walk – one of the few in Southern California. Participants can register online or at the La Palma Central Park office through June 23, for \$35 per participant. Thereafter, participants can register on race day starting at 6:00 a.m.

New this year is the Yankee Doodle Dash! Introduce your children to the joys of running with this non-competitive run for kids 2-12 years old. Each youth participant will receive an official race bib and a participation medal. For more information or to register for the event, please visit: [www.cityoflapalma.org/runforfun](http://www.cityoflapalma.org/runforfun) or call (714) 690-3350.



### **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 15,568 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**

Cindy Robinson  
Community Services Supervisor  
City of La Palma  
7821 Walker Street  
La Palma, CA 90623  
Tel: (714) 690-3358  
Fax: (714) 522-2967  
Email: [CindyR@cityoflapalma.org](mailto:CindyR@cityoflapalma.org)

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