



FOR IMMEDIATE RELEASE

August 19, 2009

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City of Rancho Santa Margarita Hosts Healthy Community Expo and 5K Fun Run/Walk

The 5th annual Labor Day event offers something for everyone!

(Rancho Santa Margarita, CA) - The race is on.... the 5th Annual Healthy Community Expo and 5k Fun Run/Walk and Healthy Kids Fun Run will be held on Labor Day – Monday, September 7.

The City of Rancho Santa Margarita and ProSport Physical Therapy invite runners and walkers of all ages to enjoy a healthy day of activity and fitness information. This action packed day combines a 5k walk/run, a mini-run for children, Healthy Community Expo featuring health and fitness exhibits and a delicious pancake breakfast.

5k Run/Walk –

- Race is 7:30 a.m. - 9:00 a.m.
- \$30 pre-registration, \$35 day of event registration – includes T-shirt and goodie bag
- Timed race, awards go to the top three male and female finishers in each age category
- On-line race registration is available at www.cityofrsm.org until midnight on Friday, September 4
- Pre-registration and packet pickup is available on Friday, September 4, from 3:00 p.m. to 8:00 p.m. at the Bell Tower Regional Community Center

Healthy Kids Fun Run –

- Race begins promptly at 9:00 a.m.
- Ages 5 and up
- \$15 pre-registration, \$20 day of event registration – includes a T-shirt, goodie bag and medal
- Course is a half-mile path through Central Park and around Civic Plaza
- Participants under eight years old must be accompanied by a parent or guardian

Pancake Breakfast –

- Breakfast will be served from 7:00 a.m. to 10:00 a.m.

- Each breakfast ticket will include pancakes, sausage, fruit and juice or coffee
- All proceeds from the breakfast will benefit The Bell Tower Foundation. For advance tickets, please call the Bell Tower Foundation at 949.216.9700 x 254.

Healthy Community Expo –

- 7:00 a.m. to 10:00 a.m.
- Includes various health and fitness exhibitors focusing on healthy living

For more event information or to register, visit the City's Web site at www.cityofrsm.org.

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