



FOR IMMEDIATE RELEASE

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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.

This event is a wonderful opportunity to promote your business. If you would like additional information about becoming an event sponsor, becoming involved in the Healthy Community Expo or volunteering at the event, please call the City's Community Services Department at 949.216.9700 x 1250.

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

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