

CITY OF FOUNTAIN VALLEY

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PRESS RELEASE

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TO: News Media

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Recreation Coordinator

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Fit to be Square 5K Run/Walk, Pet Prance, Health & Animal Expo

On February 19, 2011, the Fountain Valley Community Foundation in partnership with the Fountain Valley Recreation and Community Services Division will host the annual Fit to be Square 5K event. The course will meander through the Fountain Valley Sports Park and Mile Square Park with its lovely views of nature and lakes. Register and support a local non-profit with 100% of the registration fee going toward a Fountain Valley Non Profit of the runner's choice. In 2010 the event was able to generate over \$17,000 for local Fountain Valley non-profit organizations – and that was in the rain! The event runs rain or shine.

12 and under Challenge!

Following the 5K there will be a **free** obstacle course for children 12 and under. See if you have what it takes to complete it.

Any Pet will do!

Register for the ***Pet Prance Costume Contest!*** Prizes will be awarded in three categories:

Most Unusual, Best Team, and Funniest Costumes.

7:00am on site registration (\$30), Fitness & Animal Expo

8:00am 5K Run/Walk

Hurry and pre-register at a cost of \$20 through February 5, 2011 and receive a race t-shirt and goodie bag.

8:45am Kids Obstacle Course Free

9:00am Pet Prance \$5

Register today at www.fv5k.org or the Fountain Valley Recreation Center located at 16400 Brookhurst Street in Fountain Valley.

The event host is Fountain Valley Community Foundation and the Title Sponsor is Orange Coast Memorial Medical Center.

Register and see your company at this great community event. Sponsorship opportunities are still available! For more information on programs and events offered by the Fountain Valley Community Foundation, please call (714) 839-8611 or visit our website at www.fvcommunityfoundation.org.

A Catalyst for Community Enrichment