



2015 Run with a PAAL 5K

5K Run, 5K Community Walk,
1K Kids Fun Run & Pancake Social
Saturday, March 7, 2015



Co-Sponsored by the
County of Los Angeles



Location:

**Legg Lake at Whittier Narrows
751 South Santa Anita Avenue
South El Monte, CA 91733**

Limited **FREE** parking on Santa Anita Avenue
Parking is \$6 in lot on Durfee & other paid lots

Check in: 7—7:45 am at Picnic Area D8

Pre-Race Warm up at 7:30 am

Race starts promptly at 8 am!

USATF Course Certification:
CA15004RS

ENTRY FEES:

PRE-RACE & SAME DAY REGISTRATION

5K RUN & WALK —\$35

1K FUN RUN (FOR 12 YEARS & UNDER)—\$15

T-shirt & Goody Bag to all Participants while supplies last!

Awards

5K Run: Top male/female overall, top 3 (gender/age group) & team
1K: Ribbons for all youth participants & medals for top 3

**Free pancake social & awards presentation
immediately following**

Group, Team & Family Discounts & Credit for PAAL Kids Available

Contact: info@runwithapaal.com

**Additional Race Information,
Register Online or Download Registration Forms:**

www.runwithapaal.com



Timing provided by:



Thank you to our sponsors!



HELMS & HILL
Hernandez Carpet Brokers
Hawk II Environmental



Montebello PAAL
c/o Montebello Police Department
1600 W. Beverly Blvd.
Montebello, California 90640
Phone: (323) 887-1200 x286
Email: info@montebellopaal.com

The Montebello PAAL is a 501(c)(3) organization.
Tax ID: 46-4368721

Mission Statement: The mission of the Montebello Police Athletic and Activities League is dedicated to building self-esteem and confidence in our local youth through sports and recreational activities. The league's goal is to have a positive impact that will result in our youth developing into responsible, productive and respectful citizens.