

**Run the June 25, 2011  
Villa Park 5K and/or 10K and  
Complete the Progressive Marathon**

This is your chance to do the:

**Villa Park 5K run/walk** and/or  
**Villa Park 10K run** (no walkers) and if you wish, complete the 5K portion of the  
**Second Annual Villa Park Progressive Marathon** and you can get  
**Three awards** if you are skillful, and you are helping the  
**Orange County Library, Villa Park Branch** through the FOVPL.

On June 25, 2011 the Friends of the Villa Park Library (FOVPL) are happy to be putting on the seventh annual **Villa Park 5K run/walk, the second annual Progressive Marathon, and the first annual 10K** which starts and ends at the Villa Park High School. The first 200 runners in the 5K get finisher's medals.

These age group awards are in 5 year age groups and are **FIVE** deep. The 5k runners and the Progressive Marathon runners are competing against each other for finisher awards and age group awards. The 10K runners are competing against any 5K runner that has paid to do both races and any Progressive Marathon runner that elects to do the 10K

To complete a marathon, you don't have to run the 26.2 miles in one day! By running, walking, or using a tread mill for at least 23.1 miles over the several weeks prior to race day (June 25, 2011), you are eligible to run/walk the **Progressive Marathon**. Record at least 23.1 miles in the weeks prior to race day and do 3.1 miles (5K) on race day. You then have accomplished the marathon distance of 26.2 miles! Congratulations! Be one of the first to proudly wear the **Second Annual Progressive Marathon Completion Medal**. If you have already done the Inaugural Progressive Marathon, you can add this medal to your collection of marathon medals.

**ALL** Progressive Marathon finishers get the Progressive Marathon medal.

Not everyone, but some people will wind up with **THREE** awards. The skillful few will be in the first 200 runners to get the finisher's award **and** will win an age group award **and** will have completed the Progressive Marathon. Where else do you have a chance of coming home with **THREE** awards?

Hey, do you want **FOUR** awards? If so, do the above and also run the 10K and place in the top five in your age group in the 10K. Run with us June 25 and find out how well you can do.

The **Orange County Library, Villa Park Branch** receives support from the Friends of the Villa Park Library (which this race benefits). The Orange County Library, Villa Park Branch sees over 6,000 people a month, is our closest county library, and has a children's reading program which currently receives help and support from the Friends of the Villa Park Library.

For further information, please phone John at (714) 308-3830.

You can register through: [www.Active.com](http://www.Active.com) (search for: “Villa Park 5K” and use the quote marks) or get an application from [www.villapark.org/vp5k.html](http://www.villapark.org/vp5k.html) (all lower case) or contact [7in7plus50@PacBell.net](mailto:7in7plus50@PacBell.net) to get questions answered or get an application emailed to you.

**Also, you can get applications from our sponsors:**

**Adventure Boot Camp**, 2826 E. Imperial HWY, Brea, CA 92821 (714) 455-2110  
“Brutal...but Addicting” Can help reduce weight, and build strength, endurance, and self esteem

**Donah Bulosan, M.D.**, 2230 W. Chapman Ave. Suite 124, Orange, CA 92868 (714) 926-6900  
Laser skin care and family medicine from someone who listens to you.

**Timothy J. Doering, D.C.**, 1111 W. Town & Country Road, Orange, CA 92868 (714) 542-3662  
Chiropractic care. Not only traditional manipulation, but also the latest electronic instruments.

**Reel Lumber**, 1321 N. Kraemer Blvd., Anaheim, CA 92806 (714) 632-1988  
Reel Lumber for real homes with really good service and prices

**Runner’s Zone**, 5761 Santa Ana Canyon Road, Suite C, Anaheim, CA 92807 (714) 282-8926  
We will find the shoe that fits you and not simply just a shoe that fits your foot.

**Signature Properties**, 2901 E. Katella Ave. Suite D, Orange, CA (714) 771-3222  
A personal approach to find a home for you

**Villa Park City Hall**, 17855 Santiago Blvd., Villa Park, CA (714) 998-1500  
Here to serve you.

**Villa Park 76 Service**, 17771 Santiago Blvd., Villa Park, CA (714) 637-0854  
The gasoline and service needed to keep your car going.