



# SAN DIEGO

Embarcadero Marina Park South

## 06/12/2016

2016 World tour



Verona  
Milano  
Torino  
Modena  
Bologna  
Ferrara  
Venezia  
Riva del Garda  
Roma  
Mantova



Nottingham  
Leicester



06/04/2016  
Jacksonville  
06/12/2016  
San Diego



non-competitive  
5k run/walk  
at 5.30 am

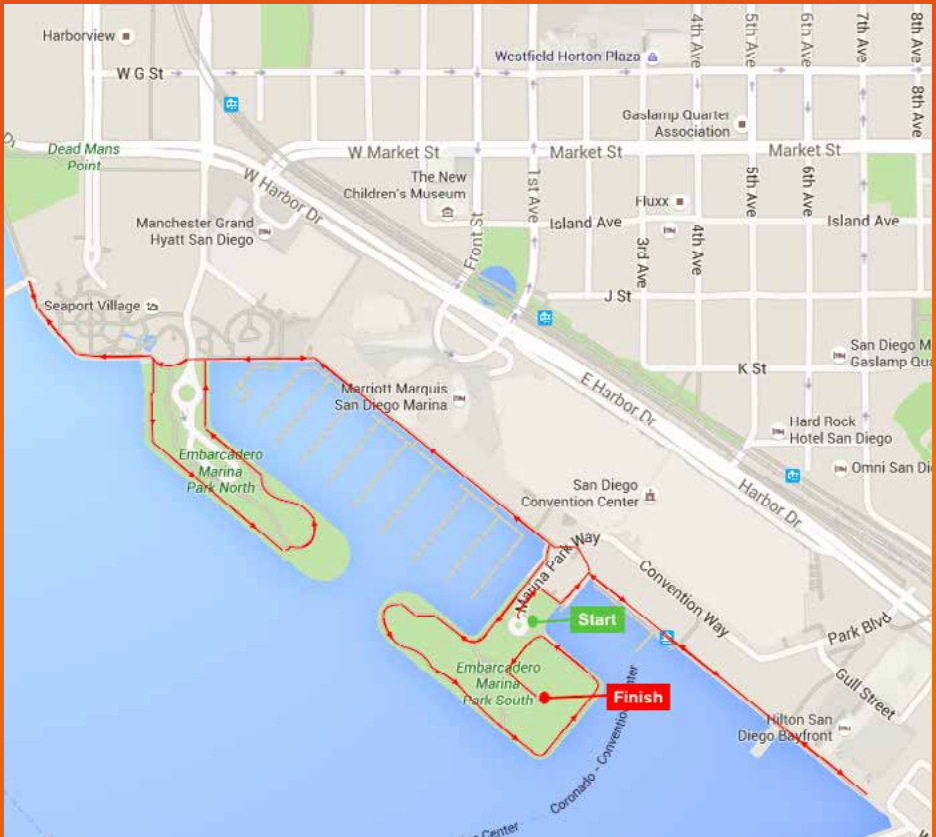
Enter now!  
[www.run530.com](http://www.run530.com)



Don't dream it.  
Be it!

Includes a fresh fruit  
**breakfast**  
for all participants

City route 5,14 km



### WHERE DO I COLLECT THE 5.30 T-SHIRT?

Details of where to collect your t-shirt will be announced shortly. We will send this out to all participants in plenty of time before the event.

Run 5.30 supports the **American Lung Association**  
Please, donate during your registration!



[www.lung.org](http://www.lung.org)

Enter now at: [www.run530.com](http://www.run530.com)    



## Entries

5.30 only has a limited number of places available  
Enter now to secure your place



## Entry fee

Under 16	Adults	Groups (5 people minimum)
early bird <b>\$15</b>	early bird <b>\$25</b>	
regular entry fee <b>\$20</b>	regular entry fee <b>\$30</b>	regular entry fee <b>\$20</b>
a week before event <b>\$25</b>	a week before event <b>\$35</b>	



**Where do I register?**  
At [www.run530.com](http://www.run530.com)



**What do i receive?**

- exclusive 5.30 Tour t-shirt
- 100% cotton
- fresh seasonal fruit refreshment + water
- free download photos event
- free download 5.30 magazine
- ... and the opportunity to live an experience to remember!

EVENT DATE



Enter now at: [www.run530.com](http://www.run530.com)

# Why at 5:30 am



- to promote daily physical activity
- to discover the city in a unique atmosphere;
- because the day is always so busy;
- because a little movement helps to start your day;
- because there is no traffic;
- because it does not steal family time;
- because the path is short and accessible to all;
- because it won't affect your weekend plans;
- because you get to eat delicious fresh fruit;
- because it takes very little to be happy!



Enter now at: [www.run530.com](http://www.run530.com)    