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AMERICAN  
**RUNNING**  
COMPANY

**MARS**



## Spring into Summer 5K Sponsored by: Take...The First Step Club

**Date:** June 4, 2011  
**Start time:** 8:00 AM  
**Kids 1 Mile Fun Run Start Time:** 9:00 AM  
**Location:** Al Lopez Park, Tampa, FL

Proceeds to benefit



Water, Gatorade, breads and cookies, fruit, great looking T-shirts & race packets to the **first 350 registered runners**, and a fabulous raffle!

**5K Registration\*:** **Before May 18**  
\$17 for TTFS Club members, \$20 for non-members  
**After May 18**  
\$20 for TTFS Club members, \$25 for non-members

**Kids Fun Run Registration\*:** **Before May 18:** \$5 for kids 12 & under  
**After May 18:** \$10 for kids 12 & under

Visit our website at [www.takethefirststepclub.com](http://www.takethefirststepclub.com) for a printable copy of the registration form.

**Registration at:** Take...The First Step Center  
The Running Center  
Online at [www.active.com](http://www.active.com)

Race day registration at 7:00 AM

\*Sorry, no refunds

### Awards

Male/Female Overall  
Male/Female Master  
Standard 5 year age groups (9 & under through 80+)  
Ribbons for Kids 1 Mile Fun Run  
(Trophies/Shirts not mailed)

### For more information contact:

Christina Mitchelson, Race Director  
E-mail: [christina@ttfsclub.com](mailto:christina@ttfsclub.com)

Lynn Gray, Assistant Race Director  
Phone: 813-481-9310

**First Name**

**MI**

**Last Name**

**Home Address (Number & Street)**

**Apt. #**

**City**

**Zip Code**

**Age** (on race day)

Female

Male

**E-mail**

Check here if you are a Take...The First Step Club Member. If you would like to join, include \$25.

**Shirt Size:**  S  M  L  XL  Youth L  Youth M (Shirt sizes can't be guaranteed for late registration)

**Payment Method:**  Cash  Check

Make check payable to Take...The First Step Club. Mail completed registration forms to Christina Mitchelson at 3322 DOWNAN POINT DR., LAND O'LAKES, FL 34368

In consideration of this entry, I, for myself, my heirs, devisees, executors, administrators and assigns hereby waive, release and discharge any and all claims against Take...The First Step, Lynn Gray, Florida Race Place Magazine, City of Tampa Parks Dept, organizations sponsoring or conducting this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event. Insurance does not cover these activities: baby joggers, bicycles, animals, audio headsets.

**Signature (Parent/Guardian if under 18)**

**Date**