



# All Out Run, Walk, or Crawl Out III - 5K

**August 14, 2011**  
**Start Time - 7:30 a.m.**

Location:

## Lake Park

17302 N Dale Mabry Hwy  
Lutz, FL, 33549

### AMENITIES

- Awesome Shirt (guaranteed to 1<sup>st</sup> 300)
- Awesome Awards, and
- Awesome Giveaways

### AWARDS

- Top 3 Male/Female
- Top Masters Male/Female
- Top 3 Age Groups Male/Female
  - 14 & under, 5 year increments thru 65+



FOR MORE INFO., VIDEO AND RACE PREVIEWS  
VISIT [www.alloutrunning.com](http://www.alloutrunning.com)

Come out and enjoy the trails of Lake Park as the course takes ya around, gets ya wet and dirty, and spits ya back to the real world a little bit tougher.

### MORE INFORMATION:

- [www.alloutrunning.com](http://www.alloutrunning.com)
- active.com
- 813-956-8767

### REGISTRATION

- Online at Active.com
- The Running Center  
14308 N. Dale Mabry 813-908-1960
- Make Checks Payable and Mail To:  
All Out Running  
19606 Amazon Basin Bend Lutz, FL 33559

**Race Day check-in starting at 6:30 a.m.**  
\$2 Entry Fee required at Park Entrance (not included with registration)



## REGISTRATION FORM – All Out Run, Walk or Crawl Out 5k

- |  |   |  |
|--|---|--|
| High School/18&under (team rate available-contact organizer) | <input type="checkbox"/> \$15 by Aug. 1 | <input type="checkbox"/> \$20 After Aug. 1 |
| Adult  | <input type="checkbox"/> \$20 by Aug. 1 | <input type="checkbox"/> \$25 After Aug. 1 |
| All Out Club Members   | <input type="checkbox"/> \$10 by Aug. 1 | <input type="checkbox"/> \$20 After Aug. 1 |

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

City, ST, Zip \_\_\_\_\_

S M L XL  
Shirt (circle)      Age      Sex

High School \_\_\_\_\_

I know that running is a potentially hazardous activity which could cause injury or death. I am in good health, medically fit, properly trained, and able to perform this event. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat/humidity, traffic, conditions of the road/trail, any animals or insects and all other hazards. I understand that bicycles, skateboards, baby joggers roller skates or blades, animals, and radio headsets are not allowed in the race. In consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, release All Out Running, The Running Center Tampa, Hillsborough County Parks, the city of Lutz, and all sponsors, their representatives and successors from all claims, liabilities or damages of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant permission for the free use of my name and picture in any broadcast, brochure or account of this event.

Signature (Parent or Legal Guardian if under 18) \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_