



To learn more or to register online please visit:

www.casa5krun.com

**Communities Against Substance Abuse
(CASA) presents:**

5k and 1 Mile Fun Run/Walk

Steps 4 Health for you and your community!

Sunday, October 16, 2011

Mission Trails Regional Park

8:00 a.m. 5K Start

8:30 a.m. 1 Mile Start

Race. Jog. Walk. Bring the kids. Bring your dog!

Mission Trails Regional Park is the perfect setting for a morning's worth of fitness, challenge and fun, no matter what gets your motor running.

Plus, proceeds benefit Communities Against Substance Abuse (CASA). You'll be doing your part to help fight drugs and alcohol in our schools and communities and promoting a healthier lifestyle.

Register TODAY!

Mail-in Registration form is on the back.

