

Join Us for the 2025 Cabot Schools Inspiration Run – Friday, October 31st, 2025

Register on RunSignUp now and complete the online waiver:

 [Register Here](#)

Dear Runners, Bikers, and Support Crew,

We are excited to invite you to the **2025 Cabot Schools Inspiration Run!**

Our Mission

Cabot Schools Inspiration Run: Inspiring a Healthier Future

The Cabot Schools Inspiration Run is more than just a run—it's a movement to inspire the next generation to embrace fitness, health, and an active lifestyle. Every fall, runners and cyclists in the Cabot Cruisers and Cabot Public School District partner together, traveling over 20 miles and visiting every school in Cabot to share the message that fitness is fun, rewarding, and essential for lifelong well-being.

At each stop, students line up outside, cheering as participants arrive. The energy is contagious—high-fives, smiles, and encouragement fill the air as we emphasize the importance of staying active. More than just a physical challenge, this event is an opportunity to lead by example, showing students that movement isn't just about competition—it's about feeling strong, healthy, and capable.

Our mission is simple but powerful: to inspire kids to prioritize their health and embrace an active lifestyle. Through this event, we encourage students to find joy in movement, whether it's running, biking, playing sports, or simply staying active in their daily lives. By engaging directly with the students, we create a lasting impact that goes beyond the day itself, helping to build a culture of fitness in our schools and community.

This event wouldn't be possible without the support of dedicated educators, athletes, volunteers, and community members who come together to make a difference. Whether running, biking, or providing encouragement from support vehicles, every participant plays a vital role in spreading the message that fitness is for everyone.

Together, we're building a healthier, more motivated generation—one school at a time.

Event Details

What: The Inspiration Run is a 20(ish)-mile journey through Cabot Schools. At each campus, we stop to high five the students and share messages about the importance of overall wellness, health, and fitness.

When & Where:

- **Date:** Friday, October 31, 2025 (**Halloween!**)
 - **Start Location:** Magness Creek Elementary, Cabot, AR 72023 (*new for 2025!*)
 - **Meeting Point:** Runners and bikers will meet in the neighborhood via the back entrance (walking bridge to the school / Payton Drive and Lakeland Drive). *Limited vehicle access here; support cars may park on the opposite side/entrance of the school.*
 - **Event Briefing:** 7:15 AM with Coach O and SROs (flow of the day + safety reminders)
 - **National Anthem & Presentation:** Magness Creek Elementary to begin the day
-

FAQ

Do I have to run the whole thing?

No! Most participants run in shifts. We especially need more runners in the **afternoon portion** when numbers usually thin out. You may hop in and out of cars and run as much or as little as you like.


Can I bike?

Absolutely! Wear a helmet!

What if I can't keep the required pace?

That's okay. Support vehicles are just as important! They follow the runners, provide water/nutrition, and still join the kids at each school to promote fitness.

How do I participate?

- Register on **RunSignUp** and complete the online waiver:
 [Register Here](#)
- Everyone must register—whether running, biking, or driving a support vehicle.

- You do not have to be a Cruiser to participate!

Questions?

Email us anytime at cabotcountrycruisers@gmail.com

Additional Information

- **Snacks & Drinks:** Please bring snacks/drinks to share. Support cars will have coolers. We will be traveling from **8:00 AM – 2:30 PM**.
All participants are ultimately responsible for their own nutrition and hydration.
 - **Gear:** Wear Cruiser gear, Cabot gear, or **red, black, and white**.
 - **Bathrooms:** Available at most schools. Please avoid extra stops while traveling between schools.
 - **Commitment:** You don't have to stay all day! You can start/end at whichever school works for you. If leaving early, arrange your own transportation back to your car. For full-day participants, support vehicles will help with rides back.
 - **Pace:** Average is 10:30–11:30 min/mile. You don't have to run the whole time—jump in/out of cars as needed. For safety, if you fall off pace, you may be asked to ride in a support vehicle until the next school.
 - **Unity:** Whether running, biking, or driving, **everyone runs into each school together**.
 - **Route/Pace Charts:** Will be sent once finalized. Some tweaks may be made to improve safety with school/police coordination.
-

Event Schedule

- **7:15 AM:** Event briefing & final instructions
- **National Anthem & Presentation** at **Magness Creek Elementary**

School Route (Times & Mileage):

- **Magness Creek:** 8:00 arrive | 8:15 depart → drive to Mountain Springs
- **Mountain Springs:** 8:20 arrive | 8:27 depart → drive to Pre-K North
- **Pre-K North:** 8:40 arrive | 8:47 depart → drive to Ward Central
- **Ward Central:** 9:00 arrive | 9:07 depart → 50 min run (4 miles)
- **Middle School North:** 9:57 arrive | 10:04 depart → 10 min run (1.2 miles)
- **Junior High North/CFA:** 10:14 arrive | 10:21 depart → 5 min run (0.4 miles)
- **CLA/CAO:** 10:26 arrive | 10:45 depart → 20 min run (2.13 miles)
- **Westside:** 11:05 arrive | 11:12 depart → 30 min run (2.6 miles)
- **Central Elementary:** 11:42 arrive | 11:49 depart → 20 min run (1.5 miles)
- **Middle School South/Junior High South:** 12:09 arrive | 12:09 depart → 5 min run (0.25 miles)
- **Pre-K South:** 12:14 arrive | 12:21 depart → 10 min run (0.93 miles)
- **Southside Elementary:** 12:31 arrive | 12:38 depart → 35 min run (2.55 miles)
- **Stagecoach Elementary:** 1:13 arrive | 1:20 depart → 23 min run (2.2 miles)
- **Eastside Elementary:** 1:43 arrive | 1:50 depart → 20 min run (1.75 miles)
- **Northside Elementary/Daycare:** 2:10 arrive | 2:20 FINISHED!

Total Distance: ~19.5 miles running

This is always a **fun but long day**—full of encouragement, energy, and inspiration for our students. We can't wait to see you out there!

Regards,



Courtney Shepard

President | Cabot Cruisers

cabotcountrycruisers@gmail.com