

Back to School

Football 5k

Night Fun

Run/Walk



Right after the

first

home

football

game!



Registration fee: \$25

Runners/Walkers must be registered by Thursday, August 25th to receive a shirt and medal.

Spirit Runners must be registered by Thursday, August 25th to receive a shirt.

Friday, September 2, 2016

Sign in will begin at 6 pm

Race Begins at: approximately 10 pm-45 minutes after completion of game

Cabot High School Track

For more information, contact:

sarah.hillenburg@eps.k12.ar.us or

leslie.doss@eps.k12.ar.us

All proceeds will be used to help fund competition costs for the Cabot High School Dance Team

Presented by:

Cabot High School

Dance Team

****Unofficial time will be kept**

on the football field scoreboard.

Back to School

Football 5K Night Fun Run/Walk

Friday, September 2nd, 2016 at the Cabot High School Track

401 N. Lincoln St. Cabot, AR 72023

First Name:_____ Last Name:_____

Address:_____ City:_____ St:_____ Zip:_____

Phone: (____)_____ DOB:_____ Age:_____ Gender: M or F

Total Payment:_____ Spirit Runner or Walk/Run

Shirt Size: Youth: S M L XL or Adult: S M L XL XXL XXXL

(T-shirts and medals will NOT be guaranteed for those who register after Thursday, August 25th.)

Referred by? _____

Event: The Back to School 5K is a fundraiser to help support the Cabot High School Dance Team. All race proceeds will go towards competition fees and costs. Registration will be held at the Cabot High School track and the race will begin there as well. We hope you can join!

Registration fees prior to race day: \$25 Checks can be made out to Cabot High School Dance. To receive the shirt and medal, **you must be registered by Thursday, August 25th**. Application and payment can be dropped off at **Cabot High School or mailed to 401 N. Lincoln St. Cabot, AR 72023 ATTN: Sarah Hillenburg or Leslie Doss**. If you are a spirit runner, your shirt will be mailed to you.

Participant Consent:

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, waive and releases any and all sponsors, their representatives and successors, from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. Minors accepted only with a parent or guardian signature. Waiver must be signed to participate.

Signed: (Participant)_____ Date:_____

Signed (Parent/Guardian) if under 18:_____ Date:_____