

***Back to School***

***Football Frenzy***

***5K Night Fun***

***Run/Walk***



***Right after the***

***Football***

***Frenzy!***



**Registration Fee: \$25**

**Runners/Walkers must be registered by August 13<sup>th</sup> to receive a shirt and medal.**

**Spirit Runners must be registered by August 13<sup>th</sup> to receive a shirt.**

**Friday, August 21<sup>st</sup> 2015**

**Sign in will begin at 6:00 pm when Frenzy starts.**

**Race Begins at: 9:30 pm**

**Cabot High School Track**

**For more information contact:**

**[Sarah.hillenburg@cps.k12.ar.us](mailto:Sarah.hillenburg@cps.k12.ar.us) or [leslie.doss@cps.k12.ar.us](mailto:leslie.doss@cps.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 Frenzy 5K Night Fun Run/Walk

Friday, August 21<sup>st</sup>, 2015 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 will NOT be guaranteed for those who register after August 13th)

**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 13<sup>th</sup>. 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: \_\_\_\_\_