Back to School
Football Frenzy

5K Night Fun

Run/Walk



**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 21st 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:

<u>Sarah.hillenburg@cps.k12.ar.us</u> or <u>leslie.doss@cps.k12.ar.us</u>

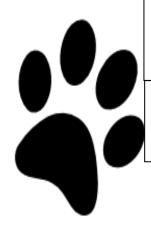
All proceeds will be used to help fund competition costs for the Cabot High School Dance Team

Right after the

Football

Frenzy!







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 21st, 2015 at the Cabot High School Track

401 N. Lincoln St. Cabot, AR 72023

First Name:	Last Nan	ne:	
Address:	City:	St:	Zip:
Phone: ()	DOB:	Age:	Gender: M or F
Total Payment:	Spirit Runner or Wa	alk/Run	
Shirt Size: Youth: S M L XL or Adult: S M L XL 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 13th. 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:			
and properly trained. I agree to abide run. I assume all risks associated with participants, the effects of the weather all such risks being known and apprec consideration of your accepting my en	by any decision of a the running in the ever and including high heat the ciated by me. Having atry, I hereby for mystand releases any and al injury, or property in this event whethery kind or nature where the crystand or sponsor ares, recordings, or a	race official relation, including, but not and/or humidity, gread this waiver a self, my heirs, exect all sponsors, their y damage of any king damage of any king and or agents author of the record o	not limited to, falls, contact with other, traffic and the conditions of the road, and knowing these facts, and in entors, administrators or anyone else or representatives and successors, from and or nature whatsoever arising out of by negligence or fault. This release on or unforeseen, known or unknown. Ithorized by them to use any of this event for any purpose. Minors
Signed: (Participant)		Date:	

Signed (Parent/Guardian) if under 18:\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_