



Cabot Lions Club



Cabot Lions Club in partnership with Cabot School District Athletic Program present:

CABOT LIONS CLUB HEROES FOR HEALTH – HERO DASH
The Hero Dash is a 1k walk/run obstacle course!

Heroes start training now for these heroic obstacles:

Bodacious Bubbles

Water Gun Alley

Fire Department Misting

Friday April 24, 2015

Cabot High School Track

401 N. Lincoln Cabot, AR 72023

For Ages 4-12

5:30 p.m. – 6:30 p.m. – Late registration & packet pick-up

5:30 p.m. - 6:15 p.m.-On field sport demonstrations and interactions for kids

6:30 p.m. – Hero Dash

Cost: \$10 per child (REGISTRATION MUST BE RECEIVED BY **APRIL 10th TO RECEIVE A MEDAL AND SHIRT)**

Please bring the racers dressed in their favorite super hero costume.

Costumes and clothes may be wet. Please bring dry towel and a change of clothes.

Proceeds to benefit Rice Depot (Food for Kids Program) & Cabot Lions Club

Please mail checks, registration forms, & parental release and indemnification forms to:

Cabot Lions Club

PO Box 1101

Cabot, AR 72023

Make checks payable to: Cabot Lions Club

Please send registration form & parental release and indemnification form for **EACH** child. May include forms in same envelope with one check.

Please contact Becky Boyett at 501-680-1143 or becky.a.boyett@gmail.com with any questions.



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CABOT LIONS CLUB HEROES FOR HEALTH – HERO DASH
REGISTRATION FORM
Please submit a form for EACH child participating

T-Shirt Size: S M L XL adult sizes
S M L youth sizes

Pre-register by April 10, 2015 to ensure availability of T-Shirt

Participant (Please Print) First Middle Last

Date of Birth Age

Parent(s) (Please Print) First Middle Last

Address Street City State Zip

Email Address Phone #

Release and Indemnification
Children Must Be Accompanied by an Adult

The Lions Club 1K Run/Walk involves an aerobic workout which may include risks such as, but not limited to, falls, interaction with other participants, and effects of weather. In consideration of being allowed to participate in this event, I hereby expressly assume all risks including personal injury and death, arising out of my child's participation in related activities.

It is my responsibility to dress my child appropriately. Although refreshments and other assistance may be made available during this event, I am solely responsible for my own child's health and safety. I represent and warrant that my child is physically fit and able to participate in this event and I agree to stop and request assistance if they experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other condition which would make it difficult or unsafe to continue.

I agree for myself, my heirs, executors and administrations, to not sue and release, indemnify and hold harmless the Cabot Lions Club, Cabot School District, ArkansasRunner.com, and their affiliates, officers, directors, volunteers and employees, and any sponsoring businesses and organizations and their agents and employees from any and all liability, claims, demands, and causes of action whatsoever, arising out of my child's participation in this event and related activities whether it results from negligence of any of the above or from any other cause.

This release and indemnification agreement shall be as broad and inclusive as is permitted by the State or Province in which the event is conducted. If any portion of it is held invalid, the balance shall continue in full force and effect.

I have read, understand and agree to the terms of this Agreement.

Parent's Signature Date

I am the legal guardian of the participant, and I hereby consent to his/her participation. I have read the foregoing release and indemnification agreement, and I hereby agree on behalf of myself and the participant to its terms.

Print name of Parent/Guardian