Spring Fling 5K

Cabot High School Track
401 N. Lincoln, Cabot, AR 72023
Saturday, March 23, 2013
8:00 AM
Race Day Registration 6:30am-7:45am in the Field House behind the HS Track

Entry Form – PLEASE PRINT NEATLY

Last: _____

Date of Birth: (m/d/y)_____

Sex: M F

Address: _____

City: _____

State / Zip: _____

Entry Fees:

Registrations until March 20st
5K: **$20** / 1K Fun Run: $10

Registrations from March 21nd on:
5K **$25** / 1K Fun Run $10

Family registration cap $50

Release:
I know that running in club races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, the conditions of the trail, all such risks being known and appreciated by me. I, for myself and anyone entitled to act on my behalf, waive and release the Cabot Country Cruisers, the City of Cabot, the RRCA, and all sponsors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Parent Signature required if under 18 years old
Make checks payable to **Cabot Country Cruisers**

Inquiries can be directed to Nathan Castle
501-837-3921 or cabotcruiser@yahoo.com

Grand Prix Website: www.ArkRRCA.com

First: _____

Age on March 23, 2013_____

T-shirt Size: YS YM YL S M L XL

Entry $2 more for XXL

Race: _____5K Runner
_____5K Walker
_____1K Fun Run (10 and under)
_____ *Spirit Runner*

Notes:
5K WALK: To be included in this category, competitor MUST WALK ENTIRE 5K – running at any time results in disqualification for awards.

SPIRIT RUNNERS do not plan to race in this event, but would like to make a financial donation toward the PE4Life fund. ** T-shirts for all $20+ donations. They will not be mailed , but can be picked up on race day.

PE4Life: Race funds will benefit the Cabot Public School District's PE4Life Fund. This program is aimed at bringing physical fitness into the daily lives by encouraging life-long fitness through the education of life sports, fitness equipment and the understanding of heart rates, body composition and nutrition. The goal is to combat childhood obesity today and conquer this epidemic for the future.

Date: _____

Mail entry forms to:

Lisa Moore, 108 N. Linden, Cabot, AR 72023

Online entry available at:

http://register.macsrts.com/