



# ARKANSAS DIETETIC ASSOCIATION

1ST ANNUAL LIFELONG NUTRITION

5K RUN AND 1K FUN RUN/WALK

"FEED YOUR FEET"

March 8, 2008

Big Dam Bridge/Murry Lock and Dam NLR

8:00-9:00 am Registration/T-shirt pick-up  
Cost (includes T-shirt): \$10.00 Adults/\$5.00 Children under 12

9:00 am Health Walk/Run

9:45 am Education, Food, & Fun

The Arkansas Dietetic Association is dedicated to leading the future of dietetics and promoting Lifelong Nutrition. Our membership seeks to influence key nutrition related issues.

The purposes of the ArDA FUN RUN are to:

- 1) Kick off National Nutrition Month for the local community
- 2) Encourage Lifelong Nutrition and Health in Arkansas
- 3) Provide Health Fair with Nutrition and Physical Activity promotions for participants
- 4) Generate revenue to provide cash awards for "Action for Healthy Kids" Essay Contest



**1st Annual "Feed Your Feet"**  
**ARKANSAS DIETETIC ASSOCIATION**  
**Run/Walk Registration**



Mail checks payable to the Arkansas Dietetic Association (ArDA) along with this entry form to: ArDA, PO Box 55234, Little Rock, AR 72215 or Register on Line

[www.arkansaseatright.org](http://www.arkansaseatright.org) > See 2008 FUN RUN Link from center of home page; Look for this logo

T-Shirt Size:      S         M         L         XL         XXL---Adult sizes  
     S         M         L         XL-----Children sizes

Pre-register by February 22, 2008 to ensure appropriate size T-Shirt is available:

Participant \_\_\_\_\_

(Please Print) First

Middle

Last

Address \_\_\_\_\_

Street

City/State

Zip

Email Address \_\_\_\_\_

Phone # \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Student: Yes No

School Representing: \_\_\_\_\_

The 1st Annual Lifelong Nutrition "FEED YOUR FEET" 5K Run and 1K Fun Run/Walk is scheduled for March 8, 2008 from 8:00—11:00 am. The event will be held at the scenic Big Dam Bridge/Murry Lock and Dam in North Little Rock. Free T-shirts, nutrition education, health screenings, sponsor booths, food, games and cash awards for the top schools with the most participants will be provided.

Proceeds will go toward cash awards for the essay contest winners competition sponsored by "Action for Healthy Kids" in Arkansas. Please be sure to express appreciation to the corporate co-sponsors for helping with this event.

FUN RUN Co-Sponsors

**Midwest Dairy  
Abbott Nutrition  
Morrison's  
Arkansas Dietetic Association**



**Release and Indemnification  
Children Must Be Accompanied by an Adult**

The Arkansas 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 participation in related activities.

It is my responsibility to dress appropriately. Although refreshments and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this event and I agree to stop and request assistance if I 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, indemnity and hold harmless the Arkansas Dietetic Association, Park 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 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.**

\_\_\_\_\_  
\*\*\*\*If participant is a minor, parent or guardian must sign below.

\_\_\_\_\_  
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

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date