

# HEARTS TAKE FLIGHT



## *Pull-a-Plane Challenge*

INDIVIDUAL **STRONG MAN** REGISTRATION

**Saturday, April 15, 2017**

**9:00 am**

**Come see if **you** can pull an  
airplane across the  
tarmac the fastest at  
Smyrna/Rutherford Co. Airport**



Benefiting



*Achieve with us.*

<http://www.heartstakeflight.org>

A FUN-PACKED DAY FOR THE ENTIRE FAMILY

Free Parking ★ Free Admission for Spectators ★ Kid's Zone  
★ Emergency Service Vehicles To Tour ★ Live Entertainment ★  
Games ★ Prizes ★ Food Vendors ★ Plenty of Fun!

# HEARTS TAKE FLIGHT



## *Pull-a-Plane Challenge*

### INDIVIDUAL **STRONG MAN** PULLER INFORMATION

NOTE: Participants under 18 must have a waiver signed by a parent or guardian giving permission to take part in this event.

#### Before event

Decide to participate. Complete the registration and release forms and return them to The Arc Tennessee at the address below as soon as possible. Challenge others to see if they can beat you!

Submit completed forms no later than April 1, 2017. Be sure to include your t-shirt size. Registration is open through the day of the event but to guarantee t-shirts we need registrations no later than April 1.

Strong Man pullers are requested to set up a fundraising page on the First Giving Hearts Take Flight site: <http://www.firstgiving.com/arc-tn/hearts-take-flight-pull-a-plane-challenge-2017>

Help raise money by asking family and friends to donate to your pull! Share your First Giving Hearts Take Flight page with them. A prize will be awarded to the individual who raises the most money.

Ask family and friends to come cheer for you and to participate in all the fun activities. Remember the event is free for spectators and designed for family fun!

Questions? Contact: Lori at 615-248-5878 ext 17      [lcutler@thearcctn.org](mailto:lcutler@thearcctn.org)

Scan and email for fax forms to: [lcutler@thearcctn.org](mailto:lcutler@thearcctn.org)      Fax: 615-248-5879

or

Mail to:            The Arc Tennessee, Attn: Lori Cutler  
                         545 Mainstream Dr. Suite 100  
                         Nashville, Tennessee 37228

#### Day of event

Come early to Hollingshead Aviation, Smyrna/Rutherford Co. Airport, 300 Doug Warpoole Road, Smyrna.

Check in at the Registration Table.

Listen for your name to be called when it's your turn to pull.

**PULL, PULL, PULL and SMILE, SMILE, SMILE** for the cameras!

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*Pull-a-Plane Challenge*

## INDIVIDUAL **STRONG MAN** REGISTRATION

Thank you for your pull!  
Hearts Take Flight ✪ Pull-a-Plane Challenge

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ Circle T-shirt size: S M L XL 2XL 3XL

E-mail \_\_\_\_\_

Strong Man Puller Fee: \$100

Payment:  Payment enclosed. Make checks payable to: *The Arc Tennessee*.

Credit Card # \_\_\_\_\_ Exp Date \_\_\_\_\_  
Name on Credit card \_\_\_\_\_  
Billing Address on Card \_\_\_\_\_  
\_\_\_\_\_

All pullers will be raising money. Register at:

<http://www.firstgiving.com/arc-tn/hearts-take-flight-pull-a-plane-challenge-2017>

Please also complete the Release Form and submit both forms:

Scan and e-mail to: [lcutler@thearctn.org](mailto:lcutler@thearctn.org) or

Fax to: 615-248-5879 or

Mail to:

The Arc Tennessee  
Attn: Lori Cutler  
545 Mainstream Dr. Suite 100  
Nashville, Tennessee 37228





**THE ARC TENNESSEE, SMYRNA/RUTHERFORD COUNTY AIRPORT, HOLLINGSHEAD AVIATION WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (“AGREEMENT”)**

In consideration of participating in The Arc Tennessee All *Hearts Take Flight Pull-a-Plane Challenge*, I represent that I understand the nature of the aircraft pulling events and that I am qualified, in good health, and in proper physical condition to participate in such an Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that aircraft pulling events involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own or others actions, or inactions, or those of others participating in the event, the conditions in which the event takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release and discharge The Arc Tennessee, Smyrna/Rutherford County Airport, Hollingshead Aviation, its parent and affiliated companies, and their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the “RELEASEES” herein) from liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

*Participation in this event constitutes permission to use photos and videos of you in future promotional materials.*

\_\_\_\_\_  
Printed name of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant (or parent/ legal guardian if under 18 years of age)

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Email

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

# HEARTS TAKE FLIGHT



## *Pull-a-Plane Challenge*



**The Arc**<sup>™</sup>

Tennessee



The Arc Tennessee advocates for the rights and full participation of all people with intellectual and/or developmental disabilities.



We support, empower, connect and inform individuals and families, influence public policy, increase public awareness and inspire inclusive communities.



[www.thearctn.org](http://www.thearctn.org)



**Thank you for your support of the  
Hearts Take Flight Pull-a-Plane Challenge!**