

# 3rd Annual Carmel Lions 5K Fun Run / Family Walk for KidSight



100% Will Go to Screen Pre-School Children's Vision

## DID YOU KNOW?

More than 60% of the children in the United States have not been examined by an optometrist or ophthalmologist by the age of 6. Some eye problems must be corrected before age 6 to prevent a lifetime of visual problems!

Most people think that when they take their children to the pediatrician that any of the problems that the child has will be discovered and treated. Most pediatricians have only had a small amount of training related to the eyes, so vision problems are more likely to go undetected unless they are referred to an optometrist or ophthalmologist. Carmel Lions can do the referring.

The hardest part of the problem with young children is that the child doesn't know that he or she has a vision problem. Because of this, Carmel Lions offer free eye screening to children in the community at scheduled daycare site screenings. The screening provides instant photographs of the child's eyes to determine the presence of possible eye disorders including farsightedness and nearsightedness, astigmatism, strabismus (misaligned eyes), anisometropia (unequal prescriptions) and media opacities (i.e. cataracts). No physical contact is made with the child and no eye drops or medications are used. This screening is approximately 85-90% effective in detecting significant factors that can cause a decrease in vision.

Carmel Lions have screened 2365 kids. Although the cost is FREE to the parents the Carmel Lions club incurs costs of \$5.00 per child. The purpose of the 2008 5K Fun Run/Family Walk is to offset the cost for the 2008/2009 school year. Please help us help children and have fun while you are helping!!

### Run / Walk Information

**Place:** Carmel Lions Club, 141 E. Main St, Carmel (Parking in rear)  
**Date:** September 20, 2008 at 8:00 a.m. for runners, 8:30a.m. for walkers.  
**Fee:** \$15 Adults \*includes shirt - \$10 Children \*includes shirt  
**Route:** Meet @ Carmel Lions Clubhouse. Walk to Monon where 5k will start. Go North to 146th and then return to start/finish line.  
**Refreshments & Door Prizes:** At clubhouse after the race.  
**Website:** <http://www.carmellions.org>

## Registration Form



- I would like to register as a walker
- I would like to register as a runner
- I would like to contribute. Enclosed is \$ \_\_\_\_\_

Name(s) \_\_\_\_\_  
 (All adults & minor children)

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

(Print name) \_\_\_\_\_  
 (& phone number) \_\_\_\_\_

\*Shirt size(s): \_\_\_ sm \_\_\_ med \_\_\_ lg \_\_\_ 1X \_\_\_ 2X \_\_\_ 3X

### This is a legally binding Release for the participant(s) listed above:

I (We) fully understand that there are dangers and risks associated with any outdoor activity, including participation in the Carmel Lions 5K Fun Run/Family Walk for Sight ("Walk").

I (We) therefore agree to assume and take on myself (ourselves) all of the risks and responsibilities in any way associated with the Walk with respect to myself (ourselves) and the minor children listed below. In consideration of and in return for the services, facilities and other assistance provided to me by the Carmel Lions Club and Lions International (and their governing boards and members) (together the "Lions"). I (We) release the Lions from any and all liability, claims and actions that may arise from injury or harm to me (us) or damage to property in connection with the Walk and other associated activities. I understand that this release covers liability resulting from acts or failures to act, including but not limited to negligence, mistake or failure to supervise by the Lions.

I am signing this Release on behalf of myself (ourselves) and my (our) minor children listed above. I (We) have read this release, fully understand it and agree to be legally bound by it.

\_\_\_\_\_  
 \_\_\_\_\_ Date  
 (1<sup>st</sup> Adult Signature)

Mail Registration to: Carmel Lions Club, Walk / Run for KidSight  
 P.O. Box 1021, Carmel, IN. 46082-1021

Make checks payable to: Carmel Lions Club Run/Walk  
 Remember to mail your pledges early (so that we can order your shirt in the right size) or bring them with you on 9/20/08