



TO JOIN US FOR  
*Lexi Shimmers'*  
**A MILLION CATS MARCH**  
*August 12, 2017*  
*3:30pm*

**For Suicide and Bullying Awareness and Prevention**



<https://millioncatmarch.wixsite.com/mcmls>



[twitter.com/millioncatmarch](https://twitter.com/millioncatmarch)



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**Presented by**

**GLAMOURPUSS PRODUCTIONS**





## A Million Cats March Waiver and Release of Liability

This form must be completed and signed by each participant (and by a parent or guardian for participants under the age of 18), **before** the participant begins the course. **Be sure to bring your completed and signed form on the day of the event!**

**Please print legibly.**

Participant Name: \_\_\_\_\_

Address: City: State: Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_

In consideration for being permitted to participate in the Million Cat March, taking place on August 12, 2017 beginning at the San Francisco LGBTQ Community Center, located at 1800 Market Street, San Francisco, CA 94102 and ending at Edge Bar, located at 4149 18<sup>th</sup> Street, San Francisco, CA 94114, I, for myself and for my heirs, executors, administrators and representatives, waive and release any and all rights and claims I may have against, absolve and agree to hold harmless William Dickerson dba "Lexi Shimmers", any cooperating organizations, any of their employees, agents and representatives, and any person connected with the event, their successors, assigns, heirs, executors and administrators (individually and as a group referred to as sponsors), singly and collectively, from any blame and liability for any injury, harm, loss, cost, inconvenience or other damage that may result from or be connected in any way to my participation in the Million Cat March whether caused by acts, negligence, error or faults of sponsors or otherwise.

I agree that I am physically capable of participating in the event; I understand that the total walking distance for this event is 1.0 Miles. I agree to adhere to all event rules and conduct myself in a safe and prudent manner while participating in the event.

I consent to and permit emergency medical treatment in the event of illness or injury, including transportation to a medical facility, and will be responsible for any and all related costs.

I have read this waiver and release, understand its significance, and agree to its provisions.

Participant name: \_\_\_\_\_ Age: \_\_\_\_\_

Participant signature: \_\_\_\_\_

Date: \_\_\_\_\_



## A Million Cats March Waiver and Release of Liability

**Participants under age 18 must have a legal parent or legal guardian signature below.**

As the parent/guardian, I have read the waiver and release form. I understand and agree to its waiver and release provisions, consent to the emergency medical treatment and will be responsible for any and all costs, have discussed with the participant the requirements to observe all traffic laws, and adhere to all other event rules and to act in a safe and prudent manner. I concur with representations made by the participant about physical capabilities.

Parent/Guardian name: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Participants under age 16 must be accompanied by an adult.**

I am an adult accompanying a participant under the age of 16. I understand that I am responsible for the participant and am prepared to discontinue the course, if needed, to fulfill this responsibility.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## PHOTO AND VIDEO RELEASE FORM

I hereby grant William Dickerson dba "Lexi Shimmers/Glamourpuss Productions" the irrevocable right and permission to use photographs and/or video recordings of me on their websites and in their publications, promotional flyers, educational materials, derivative works, or for any other similar purpose without compensation to me.

I understand and agree that such photographs and/or video recordings of me may be placed on the Internet. I also understand and agree that I may be identified by name and/or title in printed, Internet or broadcast information that might accompany the photographs and/or video recordings of me. I waive the right to approve the final product. I agree that all such portraits, pictures, photographs, video and audio recordings, and any reproductions thereof, and all plates, negatives, recording tape and digital files are and shall remain the property of William Dickerson dba "Lexi Shimmers/Glamourpuss Productions".

I hereby release, acquit and forever discharge William Dickerson dba "Lexi Shimmers/Glamourpuss Productions", its current and former trustees, agents, officers and employees of the above-named entities from any and all claims, demands, rights, promises, damages and liabilities arising out of or in connection with the use or distribution of said photographs and/or video recordings, including but not limited to any claims for invasion of privacy, appropriation of likeness or defamation.

I hereby warrant that I am over the age of 18 and competent to contract in my own name or, if I am under the age of 18, that my parent or guardian has signed this release form below. This release is binding on me and my heirs, assigns and personal representatives.

\_\_\_\_\_  
Signature of Individual Photographed/Recorded

\_\_\_\_\_  
Date

Printed Name of Individual Photographed/Recorded: \_\_\_\_\_

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

**If individual photographed/recorded is under eighteen (18) years old, the following section must be completed:** I have read and I understand this document. I understand and agree that it is binding on me, my child (named above), our heirs, assigns and personal representatives. I acknowledge that I (Parent/Guardian) am over the age of 18.

\_\_\_\_\_  
Signature of Parent/Guardian of Individual Photographed/Recorded

\_\_\_\_\_  
Date

Printed Name of Parent/Guardian: \_\_\_\_\_

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

# GLAMOURPUSS PRODUCTIONS

A Million Cats March  
August 12, 2017

## PARTICIPANT TIPS AND ROUTE MAP

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### Sun Safety

Summertime can bring us elevated warm weather conditions! Here are some tips for this:

- Wear light-colored clothing and breathable fabrics.
- Wear sunglasses that protect against both UVA and UVB rays.
- Use sunscreen with a high SPF.

### Hydrate

We cannot stress enough that hydration is extremely important, especially in warm summer conditions.

Drink plenty of liquids before, during, and after a walk. Here are suggested guidelines for staying hydrated:

- 4 hours or less prior to the walk: Drink 1–2 cups of fluid (250-500 mL)
- 2 hours or less prior to the walk: Drink ½ –1½ cups (125–375 mL) of fluid if you have not produced any urine or only a small amount of bright yellow urine.
- During the walk, keep fluids with you to drink along the way.
- Drink enough to replace water lost through sweat.
- Drink more fluids immediately after the walk.
  - If you drank enough during the walk, let your thirst guide you through the rest of the day.

**Water** is typically the best choice for drinking before, during and after the walk. Liquids such as milk, chocolate milk, 100% (unsweetened) fruit juice, and sports drinks can be included.

**Avoid carbonated soft drinks, regular (e.g., sweetened) fruit juice, fruit drinks, lemonade, and energy drinks that contain a lot of sugar or caffeine,** as they may cause stomach upset and discomfort while walking.

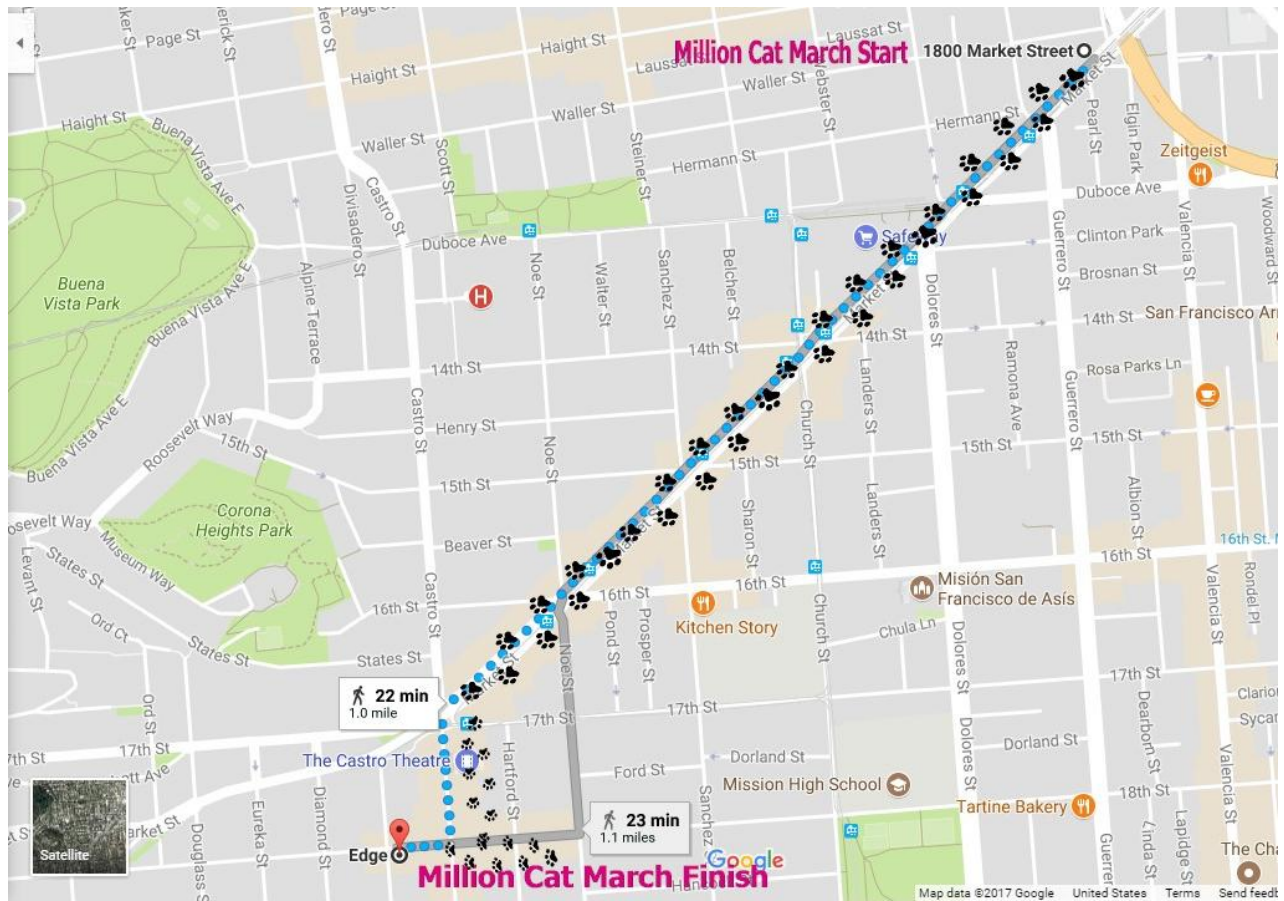
### Nourish

Prior to arriving at the Million Cat March, be sure to have a small, balanced meal.

- Have a small meal **1–3 hours before the walk**. Suggestion:
  - A serving of oatmeal with nuts
  - A slice of toast with peanut butter
  - Fresh Fruit
- Have an easily digested snack **30–90 minutes before** the walk. Suggestion:
  - A banana
  - Half a bagel or an English muffin
  - Yogurt

Try different foods at different times to see what works best for you.

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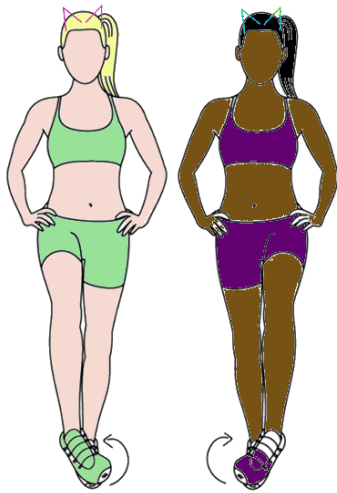


## Warming Up Before The Walk

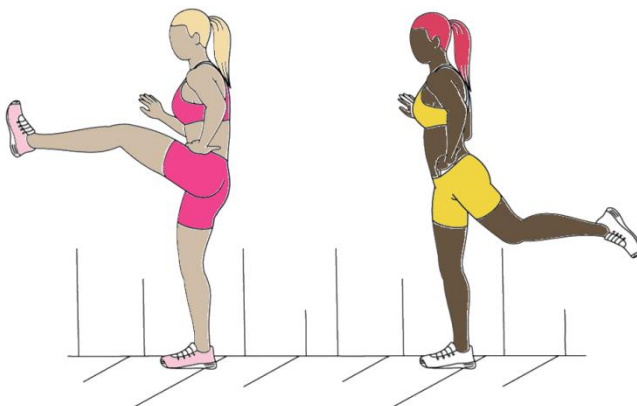
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**Why warm up?** Giving yourself an easy start will allow your body temperature and heart rate to rise, which will prepare you for any level of activity. As the temperature of your muscles and joints increase, they become more compliant and less prone to injury. Also, capillaries in your muscles dilate, which increase blood flow and help to deliver extra oxygen to your working muscles.

A gradual warm-up can increase your comfort level and your performance at any speed. Try these five simple exercises prior to the walk, which target specific muscles and movements central to walking. Each exercise is done standing up. If necessary, rest one hand on something for balance. By spending 30 seconds on each of these exercises, the whole routine takes under three minutes.



**Ankle Circles:** Stand on one foot and lift the other off the ground. Slowly flex that ankle through its full range of motion, making circles with the toes. Do six to eight in each direction, then switch feet and repeat.

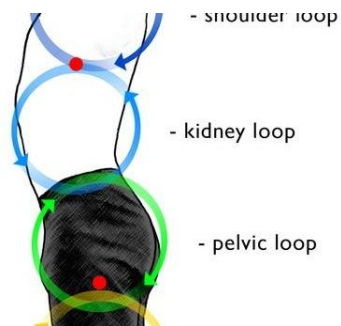


**Leg swings:** Stand on one leg. Swing the other loosely from the hip, front to back. Use a relaxed motion like the swinging of a pendulum. Your foot should swing no higher than a foot off the ground. Do 15 to 20 swings with each leg.

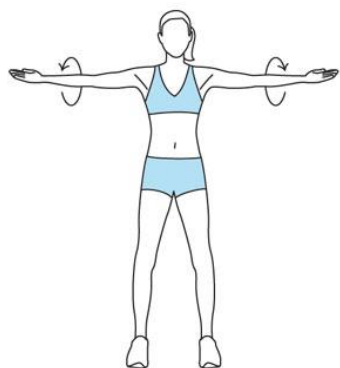


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A MILLION CATS MARCH  
Warming Up Before The Walk

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**Pelvic loops:** Put your hands on your hips with your knees gently bent and feet shoulder-width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back, and to the right. Then reverse directions and repeat.



**Arm circles:** Hold both arms straight out to your sides. Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake your arms out, then repeat with 10 to 12 forward circles.



**Hula hoop jumps:** Begin jumping lightly in place on both feet. Then, with your head and shoulders facing forward, twist your feet and lower body left then right, back and forth as you jump, 20 times.