



# SOUTHWEST HALF MARATHON & 10K

## May 6, 2018

### VOLUNTEER WAIVER

#### IMPORTANT INFORMATION

The Southwest Half Marathon & 10K is committed to conducting the race on May 6, 2018 in a safe manner and holds the safety of volunteers in high regard. The Southwest Half Marathon & 10K continually strives to reduce such risks and asks that all volunteers follow safety rules and instructions that are designated to protect the volunteer's safety. However, volunteers must realize that there is an inherent risk of injury when choosing to volunteer for the event.

Please recognize that the Southwest Half Marathon & 10K only carries limited medical accident coverage for volunteers; therefore it is strongly urged for all volunteers to review their own health insurance policy for coverage. Additionally, each volunteer is solely responsible for determining if he / she is physically fit and / or properly skilled for any volunteer activity. It is always advisable, especially if the volunteer is pregnant, with disability in any way or recently suffered any illness, injury or impairment, to consult a physician before undertaking any physical activity.

#### WARNING OF RISK

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when providing volunteer services. Understandably, not all hazards and dangers can be foreseen. Volunteers must understand that depending upon volunteer services, certain risks, dangers, and injuries due to acts of God, inclement weather, slip and falls, inadequate or defective equipment, failure in supervision or instruction, premises defects, horseplay, carelessness, lack of skill or technique and all other circumstances inherent to the particular volunteer services exist. In this regard, it must be recognized that is impossible for the Southwest Half Marathon & 10K to guarantee absolute safety.

#### WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that is consideration for providing volunteer services, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injury, damages, and loss which you may sustain as a result of participating in any and all activities connected with and associated with your volunteer services, including transportation services when provided.

As a Volunteer, I recognize and acknowledge that there are certain risks of physical injury to volunteers in this program / activity and I voluntary agree to assume the full risk of any and all injuries, damages, or loss regardless of severity that I may sustain as a result of my volunteer services. I further agree to waive and relinquish all claims I may have or accrue to me, as a result of my volunteer services. I further agree to waive and relinquish all claims I may have, or accrue to me as a result of my volunteer services against the Southwest Half Marathon & 10K; including its officers, officials, agents, volunteers, City of Palos Heights, Village of Palos Park, Cook County and stakeholders (hereafter collectively known as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages, or loss that I may have or which may accrue to me and arising out of, connected with, or in any way associated with my volunteer services.

**I have read and fully understand the above important information, warning of risks, assumptions of risk and waiver and release all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Volunteer Name: \_\_\_\_\_ Volunteer Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian Signature (Under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_

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**SOUTHWEST HALF MARATHON & 10K  
MAY 6, 2018  
VOLUNTEER APPLICATION**

**Thank you for joining the Southwest Half Marathon & 10K as a 2018 volunteer!**

**Please complete and return this application, the enclosed Volunteer Duty Request and the Volunteer Waiver AS SOON AS POSSIBLE**

A few information items to note:

- Volunteer times and duties are listed on the Volunteer Duty Request Form.
- Volunteer check-in the day of the race is at the Volunteer Tent located at the City of Palos Heights City Hall, 7607 West College Drive, Palos Heights, IL.
- All volunteers will receive a t-shirt and coffee the morning of the race.
- **Service Hours:** By attending both the Volunteer Orientation/Packet Stuffing activity and working the Marathon, Students can earn a total of 9 service hours.

**Volunteer Orientation/Packet Stuffing/Dinner – May 1 6:00 p.m. to 8:00 p.m.:**

Volunteers are encouraged to attend the Volunteer Orientation/Packet Stuffing activity on May 1, beginning at 6:00 p.m. at Shepard High School located at 13049 S. Ridgeland in Palos Heights, Dinner will be served after packets are stuffed and orientation presentations are completed.

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/ State/ZIP:** \_\_\_\_\_

**Phone (Cell):** \_\_\_\_\_ **Phone (Home):** \_\_\_\_\_

**School / Affiliated Group:** \_\_\_\_\_

**Birthday:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Are you a Runner: Yes**\_\_\_\_ **No**\_\_\_\_

**Shirt Size: (Check one) Small**\_\_\_\_ **Medium**\_\_\_\_ **Large**\_\_\_\_ **X Large**\_\_\_\_ **XX Large**\_\_\_\_

**Comments / Special needs:** \_\_\_\_\_

**SUBMIT FORMS AS SOON AS POSSIBLE**

<b>Mail/Drop Off:</b>  <b>Palos Heights Recreation Center 6601 West 127<sup>th</sup> Street Palos Heights, IL 60463</b>	<b>FAX to:</b>  <b>708-361-7679</b>	<b>Scan/Email to:</b>  <b>palosheightshalfmarathon@gmail.com</b>
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# SOUTHWEST HALF MARATHON & 10K

## MAY 6, 2018

### VOLUNTEER DUTY REQUEST

There are several volunteer opportunities for you to choose from, please select your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choice. If you have no duty preference, please check the “any assignment” line.

**Service Hours:**

Students will be eligible to earn up to a maximum of 9 volunteer hours. Documentation of hours will be provided if requested.

**NAME:** \_\_\_\_\_ **SCHOOL/AFFILIATED GROUP:** \_\_\_\_\_

**CELL PHONE:** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_

**SERVICE HOUR DOCUMENTATION REQUESTED (Check):** \_\_\_\_\_

**ANY ASSIGNMENT** **5:30 A.M.-Noon**

**1<sup>st</sup> Choice** \_\_\_\_\_

We will choose your location and duties based on your information

**REGISTRATION RESOLUTION:** **5:30-7:30A.M.**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

Will assist personnel from the management company in resolving any registration issues (re-issuing of chips, general packet pick up for exceptional cases) and answer any participant’s questions.

**FINISH LINE:** **5:30 A.M.-Noon**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

Volunteers will assist SWSRA with the Walk, Run and Roll race, pass out information for the Church service, and assist at the coffee station. At the end of the ½ Marathon race and the 10K, they will pass out water and help pass out medals.

**COURSE MARSHALS:** **5:30 A.M.-Noon**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

Will be placed along the run / walk routes to direct and encourage runners. We will describe the exact duty to the individual marshals. You should plan on being on the course for approximately two and a half hours. Please dress comfortably and for the weather.

**WATER STATIONS:** **5:30 A.M.-Noon**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

Will be asked to fill and distribute water cups at one of the following locations: the start, the finish, or on the course. Need to make sure the water remains plentiful for all participants as well as clean the area after the runners / walkers have passed.

**REFRESHMENTS:** **5:30 A.M.-1:00 P.M.**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

You will organize refreshments after the event. This duty also includes clean up. The key is to oversee the distribution of refreshments so that the “back of the pack” runners / walkers are able to enjoy the refreshments as well.

**GEAR CHECK:** **5:30 A.M. -Noon**

**1<sup>st</sup> Choice** \_\_\_\_\_ **2<sup>nd</sup> Choice** \_\_\_\_\_ **3rd Choice** \_\_\_\_\_

You will “check” in participant’s belongings at a designated station and keep gear in order until the end of the race when it is returned to the runners.

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