

# VOLUNTEER FORM

laughandahalfmarathon.com



Please type or print legibly. All fields must be completed.

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Evening: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-Mail Address (Required): \_\_\_\_\_

*(For pre-race instructions and communication. Email address will not be sold, distributed or in any way be given out to a third party.)*

**Circle t-shirt size below. Must commit by June 1<sup>st</sup> to be guaranteed a shirt:**

XSmall (XS)   Small (S)   Medium (M)   Large (L)   X-Large (XL)   2X-Large (XXL)   3X-Large (XXXL)

**Previous race experience?** Yes \_\_\_\_\_ No \_\_\_\_\_ \*If so, please describe: \_\_\_\_\_

**Do plan to run in any of the races?** Yes \_\_\_\_\_ No \_\_\_\_\_ \*If so, please list which race: \_\_\_\_\_

**Please check one or more areas of volunteer interest:**

\_\_\_\_\_ Course work (Please circle which area you would prefer to help with: monitoring, water stations, set-up/take down)

\_\_\_\_\_ Kids Fun Run (Please circle which area you can help with: coordination, timing, place picking, awards)

\_\_\_\_\_ Registration / Packet Pick Up (Friday or Saturday)

\_\_\_\_\_ Medical (Please list any first aid/medical experience: \_\_\_\_\_)

**Must Be Read and Signed Before Mailing:**

RELEASE FORM: I fully understand that volunteering at a road race is a potentially hazardous activity that might cause personal injury or even death. I attest and verify that I am medically able to help at this event. I agree to abide by any decision of a race official relative to my ability to safely help at the event, but no race official is responsible for determining the safety for me to participate. I assume all the risks associated with helping in this event including, but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and conditions of the road/bridges, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Faith Regional Health Services, Red Beacon Communications, LLC., City of Norfolk, Norfolk High School, all sponsors, their representatives and successors, volunteers, contractors, and assigns organizing and conducting the Laugh and a Half Marathon (Road Race) from all claims of liabilities of any kind, including any claims arising out of negligence, directly or indirectly, known and unknown, foreseen and unforeseen, bodily and personal injury, damage to property, and the consequences thereof resulting from my participation and covenant not to sue for any said injuries and/or damage. I understand all entries are final, with no refunds, and that the race organizers reserve the right in the event of an emergency or local or national disaster to cancel the race or to change the day and/or time of the event. I give permission for the use of name and/or picture for any broadcast, telecast or other account of this event. All forms must be signed. Incomplete, unsigned forms will not be accepted. If under the age of 19, a parent/guardian must sign.

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent (Guardian) \_\_\_\_\_ Date \_\_\_\_\_

*(If under the age of 19, parent or guardian must sign.)*

**PLEASE MAIL OR RETURN COMPLETED FORM TO:**

The New 94Rock, Laugh-and-a-half-marathon, 214 N 7th St, Suite 1, Norfolk, NE 68701 or [angie@us92.com](mailto:angie@us92.com)