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VOLUNTEER FORM

Thank you for joining the Palos Bank Southwest Half Marathon as a 2009 volunteer. The event is on May 3, 2009, volunteer times and duties are listed on the enclosed 'Volunteer Duties Form'. Volunteer check-in the day of the race is located outside of the City of Palos Heights' Village Hall, 7607 W. College Drive, Palos Heights, IL 60463. Please complete and submit all three attached forms.

Volunteer Orientation:

All volunteers will receive a t-shirt and coffee the morning of the race. The 'Volunteer Orientation' is April 29, 2009 at 6:30pm, at the Palos Heights Recreation Department, all volunteers are encouraged to attend and all in attendance will receive a catered dinner.

Name: _____ Email: _____

Address: _____ City/State/Zip: _____

Phone (C): _____ Phone (H): _____

Birthday: _____ Age: ____ Are you a Runner (Check One Box): Yes No

Shirt Size (Check One Box): Small Medium Large X Large XX Large

Comments and/or Special Needs:

Submit Forms to:

Mail These Forms:
Alsip Park District
Attn: Palos Bank 1/2 Marathon
12521 S. Kostner Ave.
Alsip, IL 60803

Fax These Forms:
708-389-1529

More Info:
Call Mike at: 708-389-1003
mbaiardo@alsipparks.org

Volunteer Forms must be received by April 24, 2009



VOLUNTEER DUTIES

There are several volunteer opportunities for you to choose from, please select your 1st, 2nd and 3rd choice. If you are open to your duties, please check the box provided.

OPEN, 5:30am – 12:00pm: 1st Choice 2nd Choice 3rd Choice

We will choose your location and duties based on your information.

VOLUNTEER CHECK-IN, 5:00am – 9:00am: 1st Choice 2nd Choice 3rd Choice

Will assist at the volunteer tent. Will check other volunteers in, give them their assignments, walk them to their destinations, and hand out T-shirts. **MUST BE 18 YRS. OLD**

GEAR CHECK, 5:30am – 12:00pm: 1st Choice 2nd Choice 3rd Choice

Will "check" participants' belongings at a designated location while they are running or walking (similar to a "coat check"). Bib Tag numbers are written on a plastic bag at check-in. Participants are given their belongings back in return for the presentation of a matching Bib Number. **MUST BE 18 YRS. OLD**

DIRECTIONAL/GREETERS, 7:00am – 9:00am: 1st Choice 2nd Choice 3rd Choice

Must be able to speak clearly and direct participants accordingly. Will be placed mainly in the registration area to help guide those participants arriving on event morning. Must be well versed in event logistics. **MUST BE 18 YRS. OLD**

REGISTRATION RESOLUTION, 5:30am – 9:00am: 1st Choice 2nd 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 questions that participants have. **MUST BE 18 YRS. OLD**

COURSE MARSHALS, 5:30am – 12:00pm: 1st Choice 2nd 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. Should plan on being on the course for approximately two and a half hours. Please dress comfortably and for the weather.

WATER STATIONS, 5:30am – 12:00pm: 1st Choice 2nd 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 that water remains plentiful for all participants as well as clean the area after the runners/walkers have passed.

FINISH LINE, 7:00am – 12:00pm: 1st Choice 2nd Choice 3rd Choice

The Finish Line duties lie mainly in the collection of all timing chips and manually recording times. Some will also be utilized to re-organize the chips and alert the management company about any chips that were not returned.

REFRESHMENTS, 7:00am – 1:00pm: 1st Choice 2nd Choice 3rd Choice

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.

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VOLUNTEER WAIVER

IMPORTANT INFORMATION

The Palos Bank Half Marathon is committed to conducting the race on May 3, 2009 in a safe manner and holds the safety of volunteers in high regard! The Palos Bank Half Marathon 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 Palos Bank Half Marathon 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, horse-play, 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 it is impossible for the Alsip Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in consideration for providing volunteer services, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or 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 voluntarily 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 against the Palos Bank Half Marathon; including its officers, officials, agents, volunteers 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, assumption of risk and waiver and release of 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 Yrs. Old): _____ Date: _____