



## Salmon Run 5K/10K Volunteer Registration Form

E-mail to [SalmonRun5K@gmail.com](mailto:SalmonRun5K@gmail.com) or mail to GHYP Salmon Run 5K/10K, 225 Franklin Avenue, Grand Haven, MI 49417

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

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

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**T-Shirt Size:** Female Shirt Sizes \_\_\_\_\_ XS \_\_\_\_\_ SM \_\_\_\_\_ MED \_\_\_\_\_ LG \_\_\_\_\_ XL  
Male Shirt Sizes \_\_\_\_\_ SM \_\_\_\_\_ MED \_\_\_\_\_ LG \_\_\_\_\_ XL \_\_\_\_\_ XXL

**\*\*If you want a shirt it will be \$10.00. We can't guarantee a shirt if you sign up after August 28<sup>th</sup>.**

### Registration:

We will need all volunteers to Register to get their assignments at the Mary A. White Elementary School, 1400 Wisconsin Ave, Grand Haven by 7:30 am on Race Day (September 17, 2016). There will be parking available at and near the school.

We need volunteers to be able to give approximately 2-2.5 hours of their time. We predict the 10K will end between 9:45-10:00.

### Waiver and Release:

I know that running or working a road race or volunteering to help during a road race is a potentially hazardous activity. I should not participate or volunteer to work unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with this event, including, but not limited to, death, falls, contact with other participants, the effects of the weather, traffic and the condition of all roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Grand Haven Young Professionals, Salmon Festival, the City of Grand Haven, Race Sponsors, Salmon Festival Sponsors, Mary A White School, The Grand Haven Area Convention & Visitors Bureau, all race directors, officials and volunteers, all associated sponsors, their representatives and successors, all school districts, vendors and company's supporting this event from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

**Signature of Participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

As a parent or guardian of the above-named minor, I hereby certify that I have read the entire above document, that I give permission for my child or ward to participate in the Salmon Run 5K/10K, and that I agree on behalf of myself and my child/ward to the terms of the document.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

