



2020 VOLUNTEER APPLICATION

A PROJECT OF THE KING'S DAUGHTERS TO BENEFIT Children's Hospital of The King's Daughters

If you are interested in helping please complete this volunteer application and return it to The King's Daughters:

Fax to 757.668.8907 / Email to info@kingsdaughters.org

Mail to: The King's Daughters, ATTN: RunWalk, 601 Children's Lane, 2nd Floor, Norfolk, VA 23507

Volunteer Name: _____ Gender: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ (Cell, Work, Home) Adult T-Shirt Size: S M L XL XXL (circle one; based on availability)

Email Address: _____

(Please print email address clearly as this is the way you will be contacted for any confirmations and/or instructions.)

Emergency Contact Name: _____ Phone: _____

Are you part of a group volunteering together? Please indicate your group/company name here _____
If group members select the same positions below, every effort will be made to place them together, but it is not guaranteed.

Please select all that apply: You will be contacted by a committee person before race day with detailed volunteer information.

I am available to volunteer at **PACKET PICK-UP** I am comfortable working on a computer

Please select the shift(s) below that you are able to work:

- | | | |
|---|-----------------------------|--|
| <input type="checkbox"/> Thursday, April 9, 2020 | 11:30am – 3:30pm | at Running Etc., Virginia Beach |
| <input type="checkbox"/> Thursday, April 9, 2020 | 3:00pm – 7:00pm | at Running Etc., Virginia Beach |
| <input type="checkbox"/> Thursday, April 9, 2020 | other, please specify _____ | at Running Etc., Virginia Beach |
| <input type="checkbox"/> Friday, April 10, 2020 | 11:30am – 3:30pm | Blue Moon TapHouse, Waterside, Norfolk |
| <input type="checkbox"/> Friday, April 10, 2020 | 3:00pm – 6:30pm | Blue Moon TapHouse, Waterside, Norfolk |
| <input type="checkbox"/> Friday, April 10, 2020 | other, please specify _____ | Blue Moon TapHouse, Waterside, Norfolk |

I am available to volunteer on **RACE DAY – Saturday, April 11, 2020, *5:30am – 10:30am** at Waterside District in Norfolk.

Please check those areas that interest you. **Note: Every effort will be made to assign you to your requested position, but positions are filled on a first-come basis and you may be moved around to fulfill staffing needs. Course Marshalls must be 18 years or older.**

- | | | |
|---|---|---|
| <input type="checkbox"/> Volunteer Check-In (*5am – 8am) | <input type="checkbox"/> T-Shirts | <input type="checkbox"/> Course Marshall (must be 18 or older) |
| <input type="checkbox"/> Race Greeter | <input type="checkbox"/> Water Station | <input type="checkbox"/> Food Tent |
| <input type="checkbox"/> Race Day Computer / Registration | <input type="checkbox"/> Finish Line / Medals | |

I understand that volunteering at a road race is a potentially dangerous activity. I should not volunteer unless I am medically able and properly trained. I agree to abide by the rules and regulations of the race organizers. I assume all risks associated with volunteering at this event, including but not limited to falls, the effects of the weather including heat and humidity and 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 Waterside District, EnMotive, the City of Norfolk, CHKD, The King's Daughters, race officials, volunteers, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event. I grant permission for all of the forgoing to use any photographs, motion pictures, recording or any other record of this event for legitimate purposes.

Signature: _____ Date: _____

Please, no children under 14 or pets accompany you when volunteering.



Volunteers Needed

The success of an event depends on the countless volunteers who support it by giving of their valuable time & energy.

*Below are some of the volunteer opportunities for you to consider. **Volunteers on race day will be required to arrive at 5:30am** (*unless otherwise noted), and all responsibilities will be complete by approximately 11:00am. If you are interested in volunteering, please call (757) 668-7098 or email info@kingsdaughters.org.*

Please, no children under 14 or pets accompany you when volunteering.

PACKET PICK-UP: Thursday, April 9 & Friday, April 10, 2020

Race registrants are encouraged to pick up their race packets BEFORE race day, to minimize congestion at the registration area on race day. We offer 2 opportunities/locations to do so – in Virginia Beach on Thursday prior to race day, and in downtown Norfolk on Friday prior to race day. We need volunteers to work these packet pick-up sites, distributing bid numbers and computer savvy volunteers assisting with on-site registrations. 2 shifts available per day, Thursday Shifts: 11:30am-3:30pm & 3pm-7pm and Friday Shifts: 11:30am-3:30pm & 3pm-6:30pm.

RACE DAY: Saturday, April 11, 2020

Volunteer Check-In (*5:00am start)

Help check-in the volunteers on race day, give them their t-shirt, and direct them to their assigned area.

Course Marshalls (Safety / Our Cheer Leaders)

Friendly outgoing volunteers positioned throughout the 8K and 1 Mile course routes, Course Marshalls are responsible for monitoring turns and intersections. You will direct runners to stay on course, cheer runners on, keep cars out, and generally keep the course safe for the duration of the event, in conjunction with the Norfolk Police Department. ***Please note: Course Marshalls must be 18 years or older. Children and pets are not allowed on the course.***

Race Greeters

Stationed at the entrance to and throughout the race venue, Race Greeters help direct our runners to registration, start lines, and other areas within the race venue. As our "ambassadors", Race Greeters will also help guide and cheer our runners through the final stretch to the finish line.

Race Day Registration / T-Shirts

Computer savvy volunteers for registration and bib# look up. Volunteers to distribute runner's bib numbers, and t-shirts.

Water Stations (Cheer Leaders)

Fill and hand out cups of water to participants as they run by. After all runners pass, you will be responsible for cleaning up the station by picking up cups and filling trash bags.

Finish Line / Medals

Hand out medals and bottled water to participants as they cross the finish line, and help keep the runners moving as you direct them to the post-race cool down and refreshment areas. Cheer runners on as they pass the finish line.

Food Tent

Assist in the distribution of post-race party refreshments. Tasks include marking runners' bibs as they receive their food and drinks, distributing food, and helping to control the lines of participants waiting for their food.

Thank you

for your interest in volunteering for this event. We are excited to have your involvement!