



2022 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: _____ Birthdate: _____
mm/dd/yyyy

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

Cell Phone: _____ 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 ONLY way you will be contacted with 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:

- Thursday, May 12, 2022** 11:30am – 3:30pm at Running Etc., Virginia Beach
- Thursday, May 12, 2022** 3:00pm – 6:30pm at Running Etc., Virginia Beach
- Thursday, May 12, 2022** other, please specify _____ at Running Etc., Virginia Beach
- Friday, May 13, 2022** 11:30am – 3:30pm at Waterside, Norfolk
- Friday, May 13, 2022** 3:00pm – 6:30pm at Waterside, Norfolk
- Friday, May 13, 2022** other, please specify _____ at Waterside, Norfolk

I am available to volunteer on **RACE DAY – Saturday, May 14, 2022, *6:00am – 11:00am** 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.**

- Volunteer Check-In (*5:30am – 8am) T-Shirts Course Marshall (**must be 18 or older**)
- Race Greeter Water Station Food Tent
- Race Day Computer / Registration Finish Line / Medals Photographer

I understand that participating in a road race is a potentially dangerous activity. I understand that I should not enter and run/walk/participate unless I am medically able, properly trained, and my physician has approved of this activity. I further understand and agree that I will not participate if I am experiencing any COVID-19 symptoms e.g. fever, vomiting, and shortness of breath/trouble breathing, or if I have been in close contact with anyone that has tested positive for COVID-19 within the past fourteen (14) days. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking/participating in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including heat and humidity, traffic, and the condition of the roads or trails, and all such risks being known and understood by me. I acknowledge and understand that Coronavirus/COVID-19 is an extremely contagious virus that spreads easily through person to person contact. Federal and state authorities recommend social distancing and mask wearing as a means to prevent the spread of the virus. Participating in RunWalk for the Kids to benefit CHKD could increase the risk of contracting COVID-19. I understand this risk and am still choosing to participate. 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 City of Norfolk, Children's Health System, Inc. Children's Hospital of The King's Daughters, Incorporated, Norfolk City Union of The King's Daughters, EnMotive, Flat Out Events, and each of their affiliates and subsidiaries, and each of their officers, directors, and employees, race officials, volunteers, and all sponsors, and each of their representatives, successors, and assigns from all claims and liabilities of any kind arising out of my participation in this event, including, without limitation, any claim based on or arising out of exposure to or contracting COVID-19. I grant permission for all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes. I understand that this is a road race conducted under the rules of the USATF, is not intended for head phones, skates, roller blades, skate boards, and dogs on leashes, and I will abide by these guidelines. (NO REFUNDS, EXCHANGES OR TRANSFERS. INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED.)

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 6:00am** (*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, May 12 & Friday, May 13, 2022

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-6:30pm and Friday Shifts: 11:30am-3:30pm & 3pm-6:30pm.

RACE DAY: Saturday, May 14, 2022

Volunteer Check-In (*5:30am 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 2 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!