

VOLUNTEERING

The success of **Alex's 5K Run/Walk and Kids' K** is greatly dependent on the dedication and support of sponsors and volunteers.

In order to reduce costs and deliver more funds to autism charity, this event will rely solely on volunteers to do everything from registering participants, offering experienced course support, serving food and beverages, providing good times at the party, and clean up after the event.

Volunteers are needed for the following:

- Race Packet Stuffing
- Registration Table
- Course Set-up
- Road Guards
- Water Stations Support
- Food Servers
- Clean-up & Break-down

Note: Volunteers shall receive a post-race party ticket

This is your chance to have a real, tangible impact on the world and community you live in. Please complete the form below and contact the Volunteer Coordinator, Christina Jones at christinabcrr@gmail.com for volunteer assignment. If you have any questions, please visit our website at bcrr.org or Alex5K.com.

VOLUNTEER REGISTRATION:

Name: _____ Phone: _____

Address: _____ : City: _____ ST: _____ ZIP _____

E-mail: _____

Emergency Contact Name: _____ Emergency Phone: _____

Sponsoring Company/Organization (If applicable): _____

Release:

In consideration of the acceptance of my volunteering or entry, I myself, my successors in interest, heirs, assigns, and representatives do hereby fully release and agree to hold harmless the Alex's Memorial 5K Run/Walk & Kids' K (the "Event"), Bayou City Road Runners (the "Managers") and its organizers, the City of Houston, and Event sponsors of all liability, claims, damages, demands, actions, and cause of action, whatsoever in any manner arising out of my participation in the Event. I attest and verify that I have full knowledge of the risk involved in this Event; and that I am physically fit, have not been otherwise informed by any physician, and know of no restrictions imposed on me by my own physician that would in any way prevent me from participating in the Event. I understand that by signing this release I am giving up substantial legal rights, including the right to sue the parties as stated above for any and all injuries which I may incur or as a result of the Event. I also grant full permission for the free use of my name and quotations, picture, and/or voice in any broadcast, telecast, print account, or any other account in any medium of this Event.

Volunteer Signature: _____ Date: _____

Signature of Legal Guardian _____ Date: _____
If Volunteer is under 18 years of Age

Please bring completed
form to event or send to
christinabcrr@gmail.com
for available assignments

THANK YOU FOR SUPPORTING ALEX'S 5K!