



SECOND ANNUAL SUPERHERO 5K RUN/WALK & FAMILY STROLL
Saturday, April 20, 2019 – Saluda Shoals Park East

Volunteer Registration Form

Packet Pick Up

3 – 7:00 pm Friday, April 19, Irmo Family Chiropractic
7 – 8:15 am Saturday, April 20, Saluda Shoals Park East

Race Day Schedule

7 – 8:15 am Registration / Packet pick up
8:30 am Superhero 5K Run/Walk & Family Stroll

Complimentary T-shirt

Volunteer by April 9th to guarantee correct shirt size

XS S M L XL XXL Other _____

Volunteer Assignments

(Please check where you would like to help)

- Packing stuffing, 3:00 – 7:00 pm Thursday, April 18
- Packet pick-up & registration, 3 – 7:00 pm Friday, April 19, Irmo Family Chiropractic
- Packet pick-up & registration, 7 – 8:15 am, Saturday, April 20
- Course check points (arrive by 7:15 am)
- Refreshments & awards (arrive by 7:15 am)
- Volunteer where needed (arrive by 7:00 am)

Volunteer forms may be e-mailed to info@jacobysshield.org. Volunteer forms may be mailed to Jacoby's Shield 7821 Saint Andrews Rd., #3605, Irmo, SC 29063.

First Name

Last Name

Address

City

State

Zip Code

Phone

Email

Birthdate (if under 18)

Age

Sex: Male Female

Group Volunteering With (if any): _____

In consideration of your accepting this entry form, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Jacoby's Shield, the officials and sponsors of the Second Annual Superhero 5K Run/Walk & Family Stroll, whether caused by my negligence or that of Jacoby's Shield or the officials, sponsors, or volunteers working such Run. I acknowledge that I am aware of the inherent risks of participation in an athletic event of this type. I assume all risk of injury, whether or not caused by negligence, and release any claim I may have for any injury that I may sustain. I irrevocable grant full permission to Jacoby's Shield to use photographs, videotapes, motion pictures, and/or recordings of me, or any other record of this event for any legitimate purpose. **A registration form is required for each volunteer.**

Signature (if under 18, parent or guardian must sign)

Date