

YWCA IS ON A MISSION

eliminating racism
empowering women
ywca



VOLUNTEER for the YWCA Ulster County's Fourth Annual Mother's Day 5K Run-Walk

BENEFITS GIRL'S INC. OF ULSTER & DUTCHESS COUNTIES

WHEN: Saturday, May 7, 2016 ✨ **WHERE:** YWCA to Keegan Ales

HERE'S WHAT YOU CAN DO as a VOLUNTEER:

- **Set-up:** arrive @ YWCA (209 Clinton Avenue) **7:45 AM** ✨ registration opens 8:30 AM
- **5K Run-Walk:** arrive @ YWCA **8:45 AM** ✨ run-walk starts @ 10:00 AM (you'll be on the course *IN TEAMS OF TWO* at road intersections or at the water stop; **you will need a cell phone to be able to contact YWCA event organizers ICE** – contact number will be provided on RACE DAY)
- **Transporter:** arrive @ YWCA **9:15 AM** ✨ registration closes @ 9:30 AM (you'll carry supplies about three blocks from the YWCA to the race finish at Keegan Ales on 20 St. James Street)
- **Clean-up:** arrive @ Keegan Ales **11:00 AM** ✨ event ends @ 1:00 PM preceded by closing ceremonies and a **FREE post-race Keegan BBQ** (you'll help carry supplies back to the YWCA)

VOLUNTEER REGISTRATION INFORMATION

Return to: YWCA Ulster County • 209 Clinton Avenue • Kingston, NY 12401 • attn: MD5K VOLUNTEER
Questions? Call 845-338-6844, X102 or e-mail mzweifel@ywcaulstercounty.org.

Name: _____

Female: _____ Male: _____ Age: _____ T-shirt size: _____ (*NOTE: T-shirt sizes are not guaranteed)

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____ E-mail Address: _____

Please choose: YES! I will attend the FREE BBQ. _____ NO! I am unable to attend the BBQ. _____

VOLUNTEER WAIVER RELEASE*

In consideration of agreeing to volunteer, 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 the YWCA Ulster County and the City of Kingston, and any and all sponsors, and their representatives, successors and assigns for any and all injuries suffered by me in this event. *YOU MUST BE 12 YEARS OF AGE OR OLDER TO VOLUNTEER AT THIS EVENT.**

Print Name: _____ Date: _____

Signature: _____

(PARENT/GUARDIAN MUST SIGN IF UNDER 18)

YWCA.ORG

**YWCA Ulster County
A United Way Agency**
209 Clinton Avenue • Kingston, NY 12401
P 845.338.6844
W www.ywcaulstercounty.org