



## IMT DES MOINES MARATHON VOLUNTEER WAIVER

Volunteers are the most important part of any well organized event. Without the help of volunteers, many of the activities in our community would not take place. The IMT Des Moines Marathon is no different. This event is not only a celebration of health and wellness in our great community; it is also a chance to showcase Des Moines to athletes from around the country who might otherwise not visit our area.

Volunteering with this event is an exciting opportunity for you to share in the fun and excitement of race day. Your assistance over the course of race weekend is sincerely appreciated. Every little task and detail is important to the overall athlete experience.

Here are a few items to keep in mind as a volunteer:

> The day, time of day and activity you would like to help with is important. Please don't volunteer if you aren't sure that you will be able to be there. No-shows can really cause great difficulties from the planning stage to the execution stage of the race weekend. We ask that you report on time and remain on task for the duration of your shift.

> Think of a family member, friend or group who can join you. Volunteering is always more fun when you are able to do it with people you already know! The IMT Des Moines Marathon is a great chance to promote a group outing or neighborhood activity. Race volunteers must be at least 14 years old (18 if they are volunteering for course marshal activities) or accompanied by an adult.

### Contact Information (please write clearly)

**First Name:**

**Last Name:**

**Birth date:**

**Shirt Size:**

**Home Phone:**

**Cell Phone:**

**Address:**

**Email Address:**

**WAIVER:** I hereby release the City of Des Moines, Endurance Sports Marketing, all municipal agencies whose property and/or personnel are used, and other sponsoring or co-sponsoring company(s) or individual(s) from responsibility for any injuries or damages I may suffer as a result of my volunteering for the Des Moines Marathon, Inc. and related events. I will additionally permit the use of my name and pictures in broadcast, telecast, newspapers, brochures, etc.

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(Volunteer Signature)

(Date)

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(Parent or Guardian Signature of Volunteer if under age 18)

(Date)

If you have any questions, please call 515.288.2692 or email [info@desmoinesmarathon.com](mailto:info@desmoinesmarathon.com)

Detach and mail to: IMT Des Moines Marathon | 4801 Grand Ave | Des Moines, IA 50312