



JULY 15, 2017

First Name: _____

Last Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Email: _____

Age on Race Day: _____ T-shirt Size: _____

Emergency Contact: _____

Emergency Contact Phone: (_____) _____

GENERAL INFORMATION

Thank you for your interest in volunteering for the Westbrook Strong 5K. Planning a successful road race takes careful organization and, most importantly, volunteers! Without volunteers, we could not make this race possible. Volunteering for this event is exciting and a great way of contributing to the race, whether you are a runner or non-runner. Our team of volunteers assists with the Westbrook Strong 5K registration, course set-up, water stations, recycling, parking, and many other duties.

PREFERRED VOLUNTEER INTEREST

- Where most needed
- Registration
- Matt's Mile
- Water Station
- Course Set-up
- Course Clean-up
- Park Set-up
- Park Clean-up
- Food Tent
- Course Flagging
- Awards Ceremony
- Medical
- Parking

**Volunteer Gathering
and
T-Shirt Pick Up
Thursday, July 13th
4-7pm
Stockhouse Restaurant
Main Street, Westbrook**

RETURN FORM TO:

Westbrook Strong - PO Box 414 - Westbrook, ME 04098

WESTBROOK STRONG VOLUNTEER RELEASE

I acknowledge that (i) by volunteering in connection with the Westbrook Strong Road Race (the "Event"), I will not be supervised in any way by Westbrook Strong, its affiliates and subsidiaries, Back40Racing, or sponsors, coordinating groups, promoters, volunteers, or any individuals associated or affiliated in any way with the sponsorship, promotion, or execution of the Event (hereinafter collectively referred to as "Releasees"); (ii) volunteering during a road race is a potentially hazardous activity; (iii) I assume all risk associated with volunteering during the Event, including, but not limited to falls, contact with participants or volunteers, the effects of weather including high heat or humidity, traffic, the conditions of the road, and the possibility of serious physical and/or mental trauma or injury, including permanent disability and death, all such risks being known and appreciated by me; and (iv) in consideration of being permitted to volunteer during the Event, for myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "Successors") I hereby release, discharge, hold harmless and promise to indemnify the Releasees, their officers, directors, members, representatives, successors, heirs, and assigns, from and against all rights and claims, including claims arising directly or indirectly from the Releasees' own negligence, which I have or which may hereafter accrue to me, and any and all damages that may be sustained by me directly or indirectly in connection with, or arising out of, my participation in the Event. I agree, for myself and my Successors, that if I or my Successors assert any claim in contravention of this agreement, the asserting party shall be liable for the expenses (including legal costs and attorneys' fees) incurred by the other party or parties in defending any such claim. This release is intended to be a complete and unconditional release of all liability to the greatest extent allowed by law.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. and I further irrevocably grant such parties full permission to perpetually use, edit, reproduce, transmit, distribute, publish, display, and/or perform, in whole or in part and without the need for paying a royalty, any of those photographs, videotapes, motion pictures or record of the event that include my name, likeness, voice, statements, and general biographical information I also understand that I must be age 18 or older in order to volunteer unless my parent or legal guardian has signed this Volunteer form below.

Signature

Date

WEBSITE: www.westbrookstrong.com
FACEBOOK: www.facebook.com/westbrookstrong5k
TWITTER: @westbrookstrong
EMAIL: westbrookstrong5k@gmail.com
INSTAGRAM: westbrookstrong

WESTBROOK STRONG



JULY 15, 2017 8:30 AM



Matthew Steven Rairdon's life was tragically taken from us on November 30th, 2013. Matt was born on July 17, 1991 to his loving parents, Gary & Laurie (Wescott) Rairdon. Matthew was a devoted son, brother, grandson, nephew, cousin and cherished friend by so many. Matthew was a 2009 graduate of Westbrook High School and a recent graduate of St. Joseph's College with a degree in the nursing program. Because of who he was and the legacy he has left us, Matt will always live among us, a bright star shining in our darkest moments. This race is dedicated to Matt's memory and a fund raiser for the Matthew Rairdon Scholarship Fund.

THE MATTHEW RAIRDON SCHOLARSHIP FUND

When preparing to go to college, Matt was extremely appreciative to receive a scholarship to attend St. Joseph's College. The intent of this scholarship fund is to help other people who want to pursue a nursing education at St. Joseph's College in the future.



.4 mile fun run - JULY 15, 2017 8:00 A.M.