



## 2024 Seniors First Turkey Trot 5k Volunteer Registration & Consent Waiver

By participating in the Seniors First Turkey Trot on Thanksgiving morning, November 28th, you will be helping to raise funds and awareness for seniors living in Orange, Seminole, Osceola, Brevard & Polk Counties to help them live independently. Volunteers must be a minimum of 18 years of age. Volunteers under the age of 18 must be accompanied by a parent or guardian and all volunteers receive a complimentary Seniors First Volunteer T-shirt. Volunteers will receive more detailed information and instructions after the registration process is completed. Please indicate your volunteer preference.

*\*Note: We will do our best to accommodate job preferences but reserve the right to assign volunteers as needed.*

**Thank you for your support!**

### DAY-OF VOLUNTEER POSITIONS

*(Please rank 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice):*

Start Line Set Up:	Registration:
Pre-Race Snacks:	Post-Race Tear Down:
Finish Line Medals, Water Stop & Tot Trot:	T-Shirt Sales & Donation Collection:

I understand that my consent to the following provisions is given in consideration for being permitted to participate as a volunteer at this event. I am in adequate physical condition to participate as a volunteer. I am aware of and voluntarily assume the risks of volunteering in this event. If I am injured, I agree that I will not hold Seniors First, Inc. any/or all event sponsors, and any affiliated individuals, sponsors or their employees responsible. I give my permission to Seniors First and Track Shack to use any photographs, video tapes, or other recordings of me that are made during this event. I have read, understand and agree to this volunteer waiver/release statement.

<b>First Name:</b>	<b>Last Name:</b>	<b>Date of Birth:</b>
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<b>Address:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
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<b>Phone:</b>	<b>Email:</b>
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<b>Signature:</b>	<b>Date:</b>	<b>Total Volunteer Hours:</b>
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**T-shirt size (choose one):    S        M        L        XL        XXL**

To register, download and save form to your computer, fill out and email to [msullivan@seniorsfirstinc.org](mailto:msullivan@seniorsfirstinc.org)

For more information contact Maureen Sullivan at [msullivan@seniorsfirstinc.org](mailto:msullivan@seniorsfirstinc.org) or 407-373-7752.

**[www.seniorsfirstinc.org](http://www.seniorsfirstinc.org)**