



HELISET HALE 2018
4th Annual Relay
Sept 9th – 22nd, 2018
Runner/Volunteer
Application



History:

HELISET HALE was first held in 2013, as runners completed a run along Vancouver Island. It was a means of raising awareness of Suicide Prevention and Mental Health and Wellness.

It has now become an annual relay which will happen every September along Vancouver Island. HELISET HALE's name originates from the SENCOTEN Coast Salish language. Directly translated HELI means “Life” HELISET means “let life survive within you” and HALE means your speaking to a group of people. More easily translated into English is “Awaken life within”

Join the HELISET HALE Relay team on their 4th journey along the island Sept 9th-22nd 2018. The team will be visiting First Nation communities and schools to share their personal stories and a presentation of strength.

Every year a new team will run the island! Its endeavour is to see the athletes take up the challenge, make a change in their own personal life, while making a difference in their communities.

Requirements and Commitment:

- 19+ years or High School Graduate
- Open to Non-First Nations, First Nation, Inuit, and or Metis Ancestry
- Physically fit and Excellent overall Health (capable of running 15km a day minimum)
- Willing to travel and train once per month together as a team
- Dedicated to training 3-4 days a week on your own
- Fully present and willing to participate the whole two weeks of the relay

Important: Prior to applying please ensure that you can commit to the dates below and have booked time off. It is also very important to discuss this commitment with your family and have them as your support system.

Mandatory dates for 2018 HELISET HALE Runners:

- September 9th - 22nd – HELISET HALE RELAY Vancouver Island

Have you taken the above required dates off from work? ___ Yes ___ No

*HELISET HALE is now accepting applications for September 2018 for the following positions: **Runners, Drivers, Cooks, Media/PR, and Road Crew.***

What type of position are you applying for?

___ Runner	___ Driver	___ Cooks	___ Media/PR	___ Road Crew
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Personal Information:

First Name:		Last Name:	
Band Name or Ancestry		Age:	Gender: F M
Home Phone Number:	Alternative Phone Number:	Email Address:	
Street Address		City, Province, Postal Code	
Care Card Number:	Allergies:		
Running Experience/ or Resume of Expertise:			
Reason for wanting to Participate:			
Your Support System in Your Life Consists Of?			
Please describe your overall health, any pre-medical conditions and Allergies? Medications?			

Please include any info about yourself you wish to share (personal connection to Suicide, Mental Health and Wellness, Born, Raised, Married, Kids, Involvement in Community)?

If you are selected to run, what would your fundraising goal be? Please outline your fundraising plan:

Fundraising is a large part of the commitment for HELISET HALE. We strongly recommend having a friend, family member or co-worker who would be able to help you execute your fundraising goals.

Do you have someone that can and will support you in this area? ___ Yes ___ No

If yes, please provide some details including:

Name: _____ **Relationship to You:** _____

Email: _____ **Cell:** _____

Emergency Contact Person:

Contact Name:	Relationship to You:
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Contact Email:	Contact Home Number:
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Contact Cell Number:	
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Submission Instructions:

DEADLINE: Friday April 30th, 2018

Please submit your completed form to Kelly Paul, Team Coordinator

Email: awakenlifewithin@gmail.com

For more information contact:

Name: Kelly Paul

Position: HELISET HALE Coordinator

Phone: 1-213-471-0758 (please note this is a long-distance number)

Email: awakenlifewithin@gmail.com

Frequently Asked Questions:

1. What if it rains, do practices still happen, does the run still go on?

Yes. Practices and the run will happen rain or shine.

2. Where is the fundraising money going?

The funds raised go towards the expense of the relay run. Anything beyond the expenses is used for seed money for next year's run.

3. Do you have fundraising idea's that may help your runners?

All fundraising ideas are acceptable. It can range from garage sales, galas, corporate matching, office fundraising, BBQ, bottle drives, bake sales, host a poker game, dinners, (email for ideas)

4. Do I complete the application, attend the training and then I am approved?

All applicants will be considered for review and notified immediately if accepted. All runners must attend training however, runners will be officially named part of the team after last training day (this is to ensure the individual is healthy, injury free and committed to run in September)

5. Where are the team training days?

In Various parts of Vancouver Island, exact locations TBD. Be prepared to travel.

6. What's happening on the team training days?

Team Running/training up to 15km. Information Meetings, Guest Speakers.

7. I am under 19 years, can I be a runner or volunteer?

Yes, if you are a high school graduate.

8. Will you accept applications after April 30th, 2018?

We encourage you to apply early to ensure a spot on the team.

9. What if I cannot make all the training days?

We ask that you attend all mandatory training days, as this is a serious commitment.

10. Is there a minimum funding raising amount I need to reach?

The amount is left up to the runner. It is to help cover the individual cost of food, accommodations, transportation, etc of each runner during the 2 weeks while on the road.

*Thank you for taking the time to fill out this application
to the best of your ability and comfort level!*