



EVERY MOTHER COUNTS

Running with Team EMC

Thank you for your interest in running with Team EMC! EMC's running program raises awareness and funds to support our mission of making pregnancy and childbirth safe, respectful, and equitable for every mother, everywhere.

How We Support Our Runners

All runners on Team EMC receive:

- A reserved charity registration slot for the event*
- An EMC-branded singlet
- Access to training resources to help prepare for the race
- A fundraising toolkit
- Invitations to Team EMC race events

** Please note that participation may be subject to approval by race organizers and that some races require a separate runner registration fee, which is payable directly by the participant.*

How Our Runners Support Us

All runners on Team EMC commit to raising a certain amount of funds to support EMC in connection with their race. Runners also wear EMC-branded gear on race day to raise awareness about our mission.

The fundraising commitment varies by race and can be found on the Runner Agreement, Waiver and Release. Each runner must raise 25% of the total fundraising commitment in advance of the race and the full amount within 2 weeks of race completion. Runners secure their commitment by providing EMC with credit card information.

We are required by race organizers to ensure that our runners meet their fundraising commitments, and runners who do not meet the commitment will not be able to run as part of Team EMC.

Change of Plans?

A runner on Team EMC who is unable to participate in their race should reach out to the Team Captain at teamemc@everymothercounts.org as soon as possible. Deferrals may be available in certain circumstances. Please note that runners are still responsible for the fundraising commitment whether or not they participate in the race.

Other Questions? See our Run Team EMC FAQs



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Team EMC Runner Registration Form

Name:

Pronouns:

Shipping Address:

Best Email:

Occupation:

Best Social Media Handle/Username:

Singlet Size:

Are you over 18?

Are you a parent?

Are you currently pregnant or recently postpartum? (optional)

Do you plan to use a push-rim wheelchair, or do you identify as an ambulatory athlete with a disability (AWD)? *Note that, if so, special notice to race organizers may be required.*

What inspires you to run for Team EMC?

Have you previously run for Team EMC? If so, which race and year.

How do you plan to fundraise?

PHOTO SUBMISSION

Please provide a headshot or running related photo of high quality or good resolution. This will be used for team promotion purposes and on social media, email, news releases, and/or blogs.



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Runner Agreement, Waiver and Release

This Runner Agreement, Waiver and Release (this “**Agreement**”) applies to individuals who are requesting a charity registration slot for the below race through Every Mother Counts (“**EMC**”).

1. Race Details

Race Name: Bank of America Chicago Marathon (the “Race”)

Race Date: October 12, 2025

Race Organizers: Bank of America Chicago Marathon

Total Fundraising Commitment: \$2500

Fundraising Deadline #1: \$625 by February 28, 2025

Fundraising Deadline #2 : remaining funds, October 26, 2025

2. Fundraising Commitment

I understand that, by signing this Agreement, I am committing to donating or fundraising the Fundraising Commitment amount. I understand that this commitment applies as soon as I sign this Agreement – that means that even if I do not ultimately participate in the Race (due to illness, injury, family emergency, Race cancellation, disqualification by the Race Organizers, or any other reason), I am still responsible for meeting the Fundraising Commitment.

I agree that if I fail to meet any of the fundraising deadlines for the Race, EMC can charge the credit card I provide and that, if EMC is unable to do so, my registration may be cancelled.

3. Conduct and Compliance with Race Rules

I understand that by participating in the Race as a member of Team EMC, my conduct may reflect on EMC. As such, I agree to conduct myself at all times in manner that comports with the values of EMC and conveys respect for others who organize, attend or participate in the Race. I also agree to comply with all rules, regulations, and determinations of the Race Organizers.

4. Waiver and Release

I understand that the Race is a physically demanding activity and that training for and participating in the Race involves significant physical exertion and risk of physical injury. I attest and certify that I am physically capable and properly trained to participate in the Race.

I understand that participation in the Race and/or any Race-related activities offered by EMC (such activities, “**Ancillary Race Activities**”) may involve risks that may arise from a variety of sources, including but not limited to my own actions, others’ actions, and the location of the Race and/or the Ancillary Race Activity. I understand that these risks may result in physical or psychological injury, pain, suffering, temporary or permanent disability, economic or emotional loss, property loss or damage, and/or death. I understand and agree that by participating in the Race and any



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Ancillary Race Activity, I knowingly and freely assume and accept all risks associated with such participation, regardless of the cause.

In consideration of the opportunity to participate in the Race as part of Team EMC, I agree to waive and release Every Mother Counts and its directors, officers, employees, volunteers, consultants, contractors, and agents (together, the “Released Parties”) from any and all liability, claims, costs and damages of any kind which I, my next of kin, or my legal representatives may have or which may later accrue, resulting or arising directly or indirectly from my participation in the Race and/or any Ancillary Race Activities. **I understand and agree that the foregoing waiver and release includes all claims regardless of the cause, even those caused by the negligence of the Released Parties.**

5. Media and Publicity Release

I understand that organizing participation in events like the Race provides important opportunities for EMC to raise awareness of its mission. As such, I grant full permission to EMC to collect and record my name, photos, video, voice, and/or likeness in any medium in connection with my participation in the Race and/or any Ancillary Race Activities and to use such information or recordings in any manner and media now known or hereafter invented for EMC’s fundraising, promotional, and/or educational purposes.

I also grant EMC the right to use or repurpose any content posted on my fundraising page for the Race or that I provide in connection with this Agreement, and I give EMC the right to repost, repurpose, use or share any content connected to my participation in the Race that I post on social media.

6. Miscellaneous

The terms of this Agreement are governed by New York law, without regard to its choice of law principles. I agree that the only proper jurisdiction and venue for any dispute I may have with EMC relating to this Agreement or my participation in the Race (or any Ancillary Race Activity) is in the state or federal courts located in New York, New York, and I consent to the exercise of personal jurisdiction in these courts in connection with any dispute.

* * * * *

By signing below, I confirm that I have read and that I agree to all of the terms and conditions outlined above.

Signature: _____

Name:

Date:

Run Team EMC FAQs



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Registering for the Race

- **How can I claim my spot on Team EMC?**

Once you've completed your application and Runner Agreement and have been accepted to run with Team EMC, you'll receive a link from EMC to register for the race. Please use the provided link to register directly with the race organizers and make sure to note any registration deadlines.

- **What is the registration fee? Does it count toward my fundraising commitment?**

EMC obtains a certain number of charity registration slots for each of its core races, but some race organizers also require runners to pay a separate registration fee. Because these fees are not donations to EMC, they do not count toward a runner's fundraising commitment.

- **Do I have to be vaccinated against COVID-19 to participate?**

Each race has its own policies and requirements regarding COVID-19, and certain races may require participants to be fully vaccinated against COVID-19. Please check the official race website for information on any specific COVID-19 requirements for your race.

Fundraising

- **How do I track and manage my fundraising for the race?**

EMC and the race organizers will provide access to a designated fundraising platform to track and manage your fundraising for the race. Using the platform is the easiest way to coordinate donations and track progress toward your fundraising commitment and deadlines.

If you have supporters who would prefer to donate by check instead, checks should be made payable to Every Mother Counts and mailed to: Every Mother Counts, 333 Hudson Street, Suite 1006, New York, NY 10013. Please make sure that your name and race are included in the memo line so that the donations can be credited toward your fundraising commitment.

- **What if I want to use an employer match to meet one of my fundraising deadlines?**

If you plan to use an employer matching program (or similar) to meet any of your fundraising commitment deadlines, please reach out to us at TeamEMC@everymothercounts.org with proof of the matching funds program at least two weeks before the relevant deadline.

- **Where can I get assistance with meeting my fundraising goals?**

Each runner receives a fundraising toolkit from EMC to help them meet – and exceed! – their fundraising goals. The toolkit contains helpful information on EMC's mission and tips on effective fundraising. Runners who are struggling to reach their fundraising commitment can also reach out



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to us at TeamEMC@everymothercounts.org for additional support. Please note, however, that each runner remains personally responsible for meeting the minimum fundraising commitment for their race.

- **Why does EMC have a minimum fundraising commitment? What if I'm unable to fundraise the full amount of the commitment?**

EMC receives a limited number of charity registrations for each race and is required by race organizers to ensure that all runners who receive these registrations meet or exceed their fundraising commitments. By signing the Runner Agreement and receiving a charity registration slot from EMC, you are making a legally-binding commitment that you will fundraise *or personally donate* the minimum commitment amount for the race to EMC.

In the event that you are unable to fundraise the full commitment amount from family, friends, co-workers or otherwise, you will be personally responsible for making up the difference. In such case, EMC's default option is to charge such amount to the credit card we have on file.

- **Can I send a check instead of using my credit card to meet any fundraising shortfall?**

Yes! If you'd prefer to make up any shortfall by check, please email us at TeamEMC@everymothercounts.org at least two weeks in advance of the relevant deadline to let us know. Checks should be made payable to Every Mother Counts and mailed to: Every Mother Counts, 333 Hudson Street, Suite 1006, New York, NY 10013. Please make sure to include your name and race in the memo line.

Change of Plans

- **Can I give my bib to someone else or otherwise transfer my registration?**

No – race policies prohibit runners from exchanging, transferring, or selling their bibs to other individuals. If you will be unable to compete in a race for which you are registered, please contact us at TeamEMC@everymothercounts.org as soon as possible to let us know.

- **What happens if I'm unable to run? Does EMC offer deferrals?**

If you are unable to run in your scheduled race, you may be eligible to join a different core race with Team EMC within one calendar year of your originally-scheduled race date. Please remember that you are still responsible for meeting your original fundraising commitment even if you are unable to run. In addition, if you defer your participation to a race with a higher minimum fundraising commitment, you will be responsible for making up any difference. If you need to request a deferral, please contact us