

VOLUNTEER FORM
SPAGHETTI DINNER: August 8TH
RACE DAY: August 9TH

Name _____

Address _____ Apt _____

City/State _____ Zip _____

Home phone # _____ Business phone # _____

Email address _____

Would you prefer being communicated to by: **PHONE EMAIL MAIL**
(circle one please)

JOB PREFERENCE

Please number 1-3, in order of preference (#1 being your first choice): The approximate number of volunteers needed is indicated in parenthesis.

_____ Course Marshal (30) _____ Registration (6) _____ Tear Down (10)

_____ Finish line (6) _____ Split Timer (2) _____ Set Up (10)

_____ Water Station (6) _____ Spaghetti Dinner (6)

T-shirt size (circle one please): S M L XL

Please return **NO LATER THAN MONDAY, JULY 14TH, 2008** to:

Lisa Sinclair
901 Oakridge Drive
Fort Collins, CO 80525

or FAX to: (970) 282-9294
or email to: lisas@miramontlifestyle.com

QUESTIONS AND TO RSVP, PLEASE CALL (970) 282-1000, Ext: 4253.

THANK YOU FOR VOLUNTEERING!!

Celebrate the Spirit of Community!

Job Descriptions:

- Course Marshal:** Cheer on the runners and walkers! Help direct motorists and participants around the course. Stand out in the crowd in your orange safety vest, and use hand-held stop signs at certain designated intersections. Basically, have fun while keeping the race safe and smooth flowing for all.
- Finish Line:** Be where the action is. Tasks include tearing tags off of runners in the chutes, directing runners into chutes, placing tags on spindles, and running full spindles to the results room. Teamwork is encouraged.
- Set Up:** Work in teams to place cones on course, set up traffic barriers, build scaffolds, set up tables, and more. Lifting, grunting, and high spirits required. **Fun starts at 6:00 a.m.**
- Tear Down:** Work in teams to destroy what Set Up has created and you get to sleep in! Help collect trash and loose change, too. **Report for lifting/grunting duty at 9:15 a.m.**
- Registration:** Sign up those procrastinating runners minutes before the starting gun. Process entry forms and hand out packets and T-shirts. Speed, accuracy, and frivolity needed.
- Spaghetti Dinner:** Come help set up the poolside at Miramont Lifestyle Fitness. Help pour drinks and assist Carrabba's Italian Grill if needed. **Arrive at 5:15 p.m. Friday, August 8th, 2008 at Miramont Lifestyle Fitness.**

RACE DAY SCHEDULE (This will be changed)

- 7:00-7:45 a.m. Volunteer check-in. Please come to the volunteer desk in Old Town Square.
- 7:00-7:30 a.m. Race registration
- 8:00 a.m. 10K run
- 8:00 a.m. 5K run/walk
- 9:15 a.m. 1/2 K Fun Run for Kids
- 9:30 a.m. 1 K Fun Run for kids
- 10:00 a.m. Awards Ceremony
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