



2010 Volunteer Sign-Up Form

Thank you for your interest in volunteering! Plans are underway for the 2010 Race. We are recruiting volunteers to help in the days leading up to the race and on race day itself. Please fill out this form and return it via e-mail, fax or mail.

Amy Webb – We've Got Your Back
Spinal Research Foundation
PO Box 1264
Newtown, PA 18940
Phone: (215) 478-6126
phillyrace@spinerf.org

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening _____ Cell-Phone _____

Email Address _____

T-Shirt Size: (check one) Small Medium Large X-Large

Please indicate your availability to volunteer for this year's Race:

- Office Hours (Mon-Fri 9am to 5pm) Nights/Weekends
- Packet Stuffing Party, June 1st or 2nd, TBD, 5:30 – 7:30pm
- Packet Pickup, Friday, June 4th - 12:00 pm to 7:00 pm
- Race Day, Sunday, June 6th - 6:30 am to 12:00 pm

If you are volunteering on Race Day, which positions are you interested in? Descriptions are listed on the following page.

- Registration Course Logistics Water Stops
- Food Distribution Race Marshals Split Timers
- Start and Finish Line Volunteer Team Captain

NOTE: E-mail is the easiest way to for us to contact you. Providing an email address will ensure you receive the latest volunteer requests and announcements.



2010 Race Day Volunteer Descriptions

Race Day Registration - Help runners/walkers fill out registration forms, pay entry fees & assign race numbers. Distribute race numbers and T-shirts to those participants who registered early. These jobs are for those who enjoy working in a hectic environment and have a lot of patience. The registration team captain will be in charge of placing labels on assigned bibs, handling payments, managing and training all registration volunteers, coordinating with race results personnel and problem-solving of registration issues.

Course Logistics - Responsible for marking the course, placing signs & cones along the course, distributing course supplies (tables, cups, etc.), and posting mile signs. The team captain will be responsible for procuring and returning the necessary signs, water & other equipment and managing the crew.

Water Stops - Help set up water stations, assist in filling up cups prior to start of race and handing cups to runners as they pass by. The team captain will be responsible for making water available, clean up and managing the crew.

Food Distribution - Assist in the set up and distribution of fruit, food and refreshments to race participants after the runners have finished.

Race Marshals - Volunteers are positioned along the course to direct participants to stay on the right trails and pathways. The team captain will be responsible for training the volunteers, procuring necessary equipment (vests, flags, radios), delivering the volunteers to their positions and getting them back off the course.

Start and Finish Line – Assist in the start, finish and timing of the race including operating the time machine, pulling and posting tags, and keeping runners in order in the finish chute.

Split Timers - Responsible for calling out times to runners as they pass your mile mark. This requires a person with a lot of enthusiasm and a loud voice for calling out times. The team captain will be responsible for procuring and returning the stopwatches, and managing the timers.

Questions?

Please contact Amy Webb at (215) 478-6126
or via e-mail at phillyrace@spinerf.org