



2010 Volunteer Sign-Up Form

Thank you for your interest in volunteering! Plans are underway for the 2010 event. 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.

Sherry McDaniel – We've Got Your Back
The Spinal Research Foundation
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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, Wednesday, May 19th- 5:30 pm to 7:30 pm
- Packet Pickup, Friday, May 21st - 12:00 pm to 7:00 pm
- Race Day, Saturday, May 22nd - 7:30 am to 11:30 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 (Sentries) Split Timers 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 & 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 (Sentries) - Volunteers are positioned along the course to direct participants to stay on the course and away from cars (sentry instructions will be provided for a more detailed job description). 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.

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 Sherry McDaniel at (703) 766-5404 or via e-mail at smcdaniel@spinerf.org