

THE GREAT RACE® 37

Presented by Eppie's Great Race Foundation
"The World's Oldest Triathlon"®



www.TheGreatRace.org
Saturday, July 17, 2010

Volunteers Needed: Saturday, July 17, 2010

It is that time of year again! Be a part of The Great Race® - the "World's Oldest Triathlon"® presented by Eppie's Great Race Foundation. Volunteer your energy as hundreds of athletes run, peddle and paddle their way to the finish line during this fun-filled event along the American River Parkway in Sacramento/Rancho Cordova. You and/or your group can play a major role in the success of this time-honored tradition. More importantly, you will contribute to raising funds for the County of Sacramento, Therapeutic Recreation Services

program, which provides skills-training and year-round recreational opportunities to individuals with disabilities throughout the greater Sacramento area. Please complete this form or sign up online at www.thegreatrace.org.



Requirements:

- Have lots of energy
- Adult supervision if under 16 years-old
- Be on time

Rewards:

- The Great Race® T-Shirt
- Food and beverage coupons
- Giving back to the community



For volunteer information, please call (916) 381-0255 or send an e-mail to TRS@SacCounty.net

Individual Name or Group Contact: _____
 Group Name (if applicable): _____ # in your group: _____
 Address: _____ City: _____ ZIP _____
 Phone: _____ Cell: _____ Fax: _____ E-mail: _____

Please Indicate Your Preferred Work Area Below:

I am available to work:

- ___ Friday afternoon
- ___ Friday evening
- ___ Saturday morning
- ___ Saturday afternoon

Pre-Race Jobs

- ___ Set-Up (Fri. aftn./ early eve.)
- ___ Parking (Fri. aftn./ early eve.)
- ___ Food Prep (Fri. aftn./ early eve.)
- ___ Goodie Bag Stuffing (TBA)

Race-Day Jobs

- ___ Parking (early Sat. a.m.)
- ___ Parking (late Sat. a.m.)
- ___ Richey Bridge Crowd Control
- ___ Food Prep/Service
- ___ Bike Route in Cordova Park
- ___ Watercraft Launch
- ___ Watercraft Take-out: Water
- ___ Watercraft Take-out: Shore- 18+y/o
- ___ Tear Down & Clean-up after race
- ___ Water Booth at finish line
- ___ Water Stations (Run course)
- ___ Run-to-Bike Transition
- ___ Bike-to-Boat Transition

Return by mail: The Great Race® c/o Sac County TRS
 P.O. Box 292640
 Sacramento, CA 95829
Fax: 916.381.0209
E-mail: TRS@saccounty.net
Or apply online: www.thegreatrace.org

Liability Release: (Each Volunteer or Guardian Must Sign)

I, as a volunteer in The Great Race® understand, acknowledge and assume all risks associated with The Great Race®. I agree to hold harmless the County of Sacramento, its employees, volunteers, contractors, agents and co-sponsors associated with this program for any damages allegedly caused by my participation in this program. Additionally, I agree to unconditionally waive any claim of liability on the part of the County of Sacramento for any injury arising out of or in any way related to my participation in The Great Race® 37 July 11 - 17, 2010.

1. Printed Name _____ T-shirt size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___
 Signature _____ Date _____
 Signature of Parent/Guardian of Minor (if under 18 as of 7/1/10) _____
 Address _____ City _____ ZIP _____



Description of Duties:

Set-Up - This is physical labor, which requires strength and endurance. You will need work gloves and you WILL get dirty: Friday before race 8:00 a.m.- 6:00 p.m.

Goodie Bag Stuffing- Prepare goodie bags for competitors: week before the race (TBA).

Parking - Directs and controls cars in parking lots: Friday 3:45 p.m-7:30 p.m., race day 6:00 a.m-10:00 a.m. or race day 9:30 a.m.-1:00 p.m.

Watercraft Launch - Early morning assistance at the Lower Sunrise access area. Tags and places boats in proper location on beach: race day 5:30 a.m.-10:00 a.m.

Watercraft Take-Out (water) - Stand in water up to mid-thigh. Volunteers form a human chain to guide boats and direct racers to the finish line: Race day 9:30 a.m.-11:30 a.m. (You will get wet!) **Minimum age:** 10 years old, with adult supervision. Shoes required; **no flip-flops.**

Watercraft Take-Out (shore) – This is probably the most important race-day job. After competitor exits the water, volunteers lift and remove boats from water and place them on beach. Although this is heavy physical labor, you will get your morning exercise!! Race day 8:30 a.m.-11:00 a.m. **Minimum age:** 18 years old. Sturdy shoes required; **no flip flops.**

Bike Route -Cordova Park & Richey Bridge- Directs crowd off the bike path to ensure safety of competitors. Cordova: race day 8:00 am-10:00 am or River Bend Park (formerly Goethe Park) / Richey Bridge: race day 8:00 a.m.-10:30 a.m.

Clean-Up- Assists with picking up trash, tables/chairs & other equipment, primarily in picnic area: Race day 12:00 noon-3:00 p.m.

Food Prep- Helps prepare and serve food and drinks: Friday 3:00 p.m.-8:00 p.m. or race day 8:30 a.m.-1:00 p.m.

Liability Release: (Each Volunteer or Guardian Must Sign)

I, as a volunteer in The Great Race® understand, acknowledge and assume all risks associated with The Great Race®. I agree to hold harmless the County of Sacramento, its employees, volunteers, contractors, agents and co-sponsors associated with this program for any damages allegedly caused by my participation in this program. Additionally, I agree to unconditionally waive any claim of liability on the part of the County of Sacramento for any injury arising out of or in any way related to my participation in The Great Race®, July 11 – 17, 2010.

Additional Names (Groups and Families):

2. Printed Name _____ T-shirt size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___
Signature _____ Date _____
Signature of Parent/Guardian (if under 18 as of 7/11/10) _____
Address _____ City _____ ZIP _____

3. Printed Name _____ T-shirt size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___
Signature _____ Date _____
Signature of Parent/Guardian (if under 18 as of 7/11/10) _____
Address _____ City _____ ZIP _____

4. Printed Name _____ T-shirt size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___
Signature _____ Date _____
Signature of Parent/Guardian (if under 18 as of 7/11/10) _____
Address _____ City _____ ZIP _____

5. Printed Name _____ T-shirt size: S ___ M ___ L ___ XL ___ XXL ___ XXXL ___
Signature _____ Date _____
Signature of Parent/Guardian (if under 18 as of 7/11/10) _____
Address _____ City _____ ZIP _____