



## Volunteer Sign Up Form

First Central State Bank Crossroads Triathlon Volunteer Sign Up Form

Event Date - Saturday July 14<sup>th</sup>, 2007

Please review the options below and email the following information to:  
[timothyj.mckinnon@gmail.com](mailto:timothyj.mckinnon@gmail.com)

First and Last Name

Telephone Number

Please indicate your preference in size:       Medium       Large       X-Large

Include your first and second preference for the following duties.

- |                          |      |                     |  |
|--------------------------|------|---------------------|--|
| <input type="checkbox"/> | (10) | Race Set Up         | 9:00 a.m. Thursday July 12 <sup>th</sup> |
| <input type="checkbox"/> | (10) | Race Set Up         | 9:00 a.m. Friday July 13 <sup>th</sup>   |
| <input type="checkbox"/> | (6)  | Parking T1          | Athletes & Spectators                    |
| <input type="checkbox"/> | (6)  | Parking T2          | Athletes & Spectators                    |
| <input type="checkbox"/> | (8)  | Body Markers        | Pre Race numbering of athletes           |
| <input type="checkbox"/> | (4)  | Medical             | EMT                                      |
| <input type="checkbox"/> | (10) | Lifeguards          | Swim Course                              |
| <input type="checkbox"/> | (10) | Transition #1       | In / Out / Crowd Control                 |
| <input type="checkbox"/> | (12) | Transition #1       | Transporting Equipment                   |
| <input type="checkbox"/> | (2)  | Swim Course         | Clean up Crew                            |
| <input type="checkbox"/> | (10) | Transition #2       | In / Out / Crowd Control                 |
| <input type="checkbox"/> | (2)  | Bike Course         | Clean up Crew                            |
| <input type="checkbox"/> | (3)  | Bike Course         | Marshall / Patrol                        |
| <input type="checkbox"/> | (5)  | Run Course          | Aid Station - Existing Transition 2      |
| <input type="checkbox"/> | (5)  | Run Course          | Aid Station - Mile 1.0 / 2.0             |
| <input type="checkbox"/> | (5)  | Run Course          | Aid Station - Mile 1.5                   |
| <input type="checkbox"/> | (5)  | Run Course          | Clean up Crew                            |
| <input type="checkbox"/> | (8)  | Finish Line         | Timing Chip Collectors                   |
| <input type="checkbox"/> | (8)  | Post Party          | Refreshments - Barnes Food Land          |
| <input type="checkbox"/> | (10) | Post Race Tear Down | 12:00 noon - Saturday July 14th          |