



## Volunteer Sign Up Form

First Central State Bank Crossroads Triathlon Volunteer Sign Up Form

Event Date - Saturday August 6<sup>th</sup>, 2008

Please review the options below and email the following information to:  
[kdragonman@gmail.com](mailto:kdragonman@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. Friday July 18th          |
| <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 19th     |