

2010 MVP Health Care Rochester Marathon

Volunteer Sign-up

Join the



Race Crew!

You may also sign up at www.RochesterMarathon.com

Volunteers will be needed in all capacities and can sign up for multiple shifts/days. You will receive confirmation of your assignment and further details closer to the marathon.

Name:						
Address:						
City:			State:	_ Zip:		
Phone #:	Cell #:					
E-Mail:						
T-Shirt Size	(Expo/Race Day v	volunteers):	Requested siz	e is not guaranteed		
☐ Small	☐ Medium	☐ Large	☐ X-Large	☐ XX-Large		
LIABILITY	WAIVER:					
waive and releated Health Care Roany and all grou	ase any and all rig schester Marathon, ups affiliated with the	ht and claim the Frontier Field, the event, the ci	for damages I ma Arthritis Foundaties or towns in when	butors and administrators, by have against the MVP tion, any or all sponsors, hich the race is contested, as suffered by me in said		
				Date:		
	Signature of Vol	unteer				
				Date:		
Signa	ture of parent/le	gal guardiar	1	_		

if volunteer is under 18 years of age

VOLUNTEER ASSIGNMENTS:

PRE-RACE OFFICE HELP

Location: Arthritis Foundation, 3300 Monroe Avenue, Suite 319, Rochester, NY 14618

Mon, Aug 30 th	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Tue, Aug 31st	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Wed, Sept 1 st	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Thu, Sept 2 nd	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Fri, Sept 3 rd	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Tue, Sept 7 th	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Wed, Sept 8 th	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Thu, Sept 9 th	□ 10 am –	1 pm □ 1 p	m – 4 pm					
Friday, September 10, 2010 Harro East Gym, 400 Andrews Street, Rochester 14604 Registration								
Volunteer Ck-In	□ 10 am – 1 pm	□ 1 pm – 4 pm	□ 4 pm – 7 pm					
PACKET PICK-UP (EXPO) Saturday, September 11, 2010 Harro East Gym, 400 Andrews Street, Rochester 14604								
Harre	Saturday, Sep	ptember 11, 2010	ter 14604					
Harr Registration	Saturday, Sep	ptember 11, 2010						
	Saturday, Sego East Gym, 400 And	ptember 11, 2010 Irews Street, Roches						

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RACE DAY ASSIGNMENTS

Sunday, September 12, 2010

	Food Tent Captain – You will be the lead volunteer in the Food Tent. The "go to" person for the other volunteers.								
	Finish Line Captain – You will be the lead volunteer at the Finish Line. The "go to" person for the other volunteers working at medals, water & chips at the Finish Line.								
	Road Marshal Captain - A section of the marathon course will be assigned to you, along with volunteers. Your duties will include: communicating with volunteers, attending a road marshal captain meeting & manning your assigned section of the course.								
	Water Table Captain - You will be assigned 1 water table station. Your duties will include: recruiting volunteers to staff the table (minimum of 5-6 volunteers are needed at any given time while table is active), communicating with volunteers, and manning your assigned table.								
	Job Title	Location	Shift(s)						
Marat	hon Course Set-Up	Meet at Frontier Field	□ 5 am						
Race	Day Morning Set-Up	Frontier Field	□ 6 am – 9 am						
Race Day Packet Pick-Up		Frontier Field	□ 5:30 am – 7:30 am						
Volunteer Check-In/Info Tent		Frontier Field	□ 6:30 am – 10:30 am	\square 10 am -2	2 pm				
Food '	Tent	Frontier Field	□ 7 am – 11 am	□ 10:30 am	– 1:30 pm	□ 1 pm – 4 pm			
Finish	Line (Medals, Chips or Water)	Frontier Field	□ 7 am – 11 am	☐ 10:30 am	– 1:30 pm	□ 1 pm – 4 pm			
Medic	eal Tent (Administrative)	Frontier Field	□ 8:30 am - 12:30 pm	□ 10:30 am	– 2:30 pm	■ 8:30 am - 2:30 pm			
Tear-l	Down/Clean-Up Crew	Frontier Field	□ 2 pm – 5 pm						
For Road Marshals, shift will fall somewhere between the approx. time(s) you choose. Exact time will be mailed with your volunteer confirmation.									
Road	Marshal	Marathon Course	□ 7 am – 10 am	□ 10 am – 1 pm	□ 8 am – 12 pm	□ 7 am – 3 pm			
For Water Tables, shift will fall somewhere between the approx. time(s) you choose. Exact time will be mailed with your volunteer confirmation.									
Water	Table Staff	Marathon Course	□ 7 am – 11 am	□ 8 am – 12 pm	□ 9 am – 3 pm				
For Bike Patrol shift will fall somewhere between the approx. time(s) you choose. Exact time will be mailed with your volunteer confirmation.									
Bike I	Patrol	Marathon Course	□ 7:30 am – 11:30 am	□ 8 am – 1 pm	\Box 9 am – 2:30 p	om			

Thank You for Volunteering!!

Please return your completed form by August 31, 2010 to:

Arthritis Foundation
3300 Monroe Avenue, Suite 319
Rochester, NY 14618

Or Fax to: (585) 264-1517 **Questions?:** (585) 264-1480