



Become a Volunteer at the

**2nd annual "Get Fit" Road Race
Youth Run / 5K Run & Walk / 10K Run
Saturday, August 14, 2010**

Volunteers Receive:

- T-shirt / Lanyard**
- Sponsor Packet**
- Post Race volunteer meal / snacks**
- Prize drawing for volunteers only**

Volunteer information

Name: _____

Address: _____ State: _____ ZIP: _____

Home phone: _____ Work phone: _____ Cell phone: _____

Email: _____

Volunteer areas (please indicate all areas of interest):

- Race course monitor
- Set up
- Registration / Packet pick up
- Parking
- Clean up / tear down
- Available to help where needed
- Finish line

Volunteer time shifts

Most volunteer positions last throughout the day (6 a.m. - 2 p.m. Sat., August 14th); please indicate your time preferences:

- 6 - 8 a.m.
- 8 -10 a.m.
- 10 a.m. - Noon
- Noon - 2 p.m.
- Available as needed

VOLUNTEER WAIVER:

I acknowledge there are risks of physical injury to tournament participants and I agree to assume the full risk of any injuries, damages, or loss I may sustain as a result of participating in activities connected or associated with such program. I waive and relinquish all claims that I or my insurer may have against Bismarck Parks and Recreation District and its officers, agents, servants and employees from claims from injuries, damages or loss which I may have or which accrue to me on account of participation in the above program.

Signature _____ Date _____

***Mail completed volunteer forms to Capital Racquet and Fitness Center, 3200 N. 10th Street, Bismarck ND 58503**