



**2010 MVP Health Care  
Rochester Marathon  
Volunteer Sign-up**

Join the **ADMAR** SUPPLY COMPANY INC. Race Crew!

You may also sign up at [www.RochesterMarathon.com](http://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 volunteers): *Requested size is not guaranteed*

Small  Medium  Large  X-Large  XX-Large

**LIABILITY WAIVER:**

In consideration of your volunteering, I for myself, my heirs, executors and administrators, waive and release any and all right and claim for damages I may have against the MVP Health Care Rochester Marathon, Frontier Field, Arthritis Foundation, any or all sponsors, any and all groups affiliated with the event, the cities or towns in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me in said event.

\_\_\_\_\_  
Signature of Volunteer Date: \_\_\_\_\_

\_\_\_\_\_  
Signature of parent/legal guardian  
if volunteer is under 18 years of age Date: \_\_\_\_\_

**VOLUNTEER ASSIGNMENTS:**

**PRE-RACE OFFICE HELP**

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

Mon, Aug 30 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Tue, Aug 31 <sup>st</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Wed, Sept 1 <sup>st</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Thu, Sept 2 <sup>nd</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Fri, Sept 3 <sup>rd</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Tue, Sept 7 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Wed, Sept 8 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Thu, Sept 9 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm

**PACKET PICK-UP (EXPO)**

**Friday, September 10, 2010  
Harro East Gym, 400 Andrews Street, Rochester 14604**

Registration	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 12:30 pm – 4 pm	<input type="checkbox"/> 3:30 pm – 7 pm
Volunteer Ck-In	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm	<input type="checkbox"/> 4 pm – 7 pm

**PACKET PICK-UP (EXPO)**

**Saturday, September 11, 2010  
Harro East Gym, 400 Andrews Street, Rochester 14604**

Registration	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 12:30 pm – 4 pm	<input type="checkbox"/> 3 pm – 5 pm*
Volunteer Ck-In	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm	

*\*Expo ends at 4 pm this day, this shift will also help with tear-down*

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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.

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- 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.

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- 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.

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- 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.

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<b>Job Title</b>	<b>Location</b>	<b>Shift(s)</b>		
Marathon Course Set-Up	Meet at Frontier Field	<input type="checkbox"/> 5 am		
Race Day Morning Set-Up	Frontier Field	<input type="checkbox"/> 6 am – 9 am		
Race Day Packet Pick-Up	Frontier Field	<input type="checkbox"/> 5:30 am – 7:30 am		
Volunteer Check-In/Info Tent	Frontier Field	<input type="checkbox"/> 6:30 am – 10:30 am	<input type="checkbox"/> 10 am – 2 pm	
Food Tent	Frontier Field	<input type="checkbox"/> 7 am – 11 am	<input type="checkbox"/> 10:30 am – 1:30 pm	<input type="checkbox"/> 1 pm – 4 pm
Finish Line (Medals, Chips or Water)	Frontier Field	<input type="checkbox"/> 7 am – 11 am	<input type="checkbox"/> 10:30 am – 1:30 pm	<input type="checkbox"/> 1 pm – 4 pm
Medical Tent (Administrative)	Frontier Field	<input type="checkbox"/> 8:30 am - 12:30 pm	<input type="checkbox"/> 10:30 am – 2:30 pm	<input type="checkbox"/> 8:30 am - 2:30 pm
Tear-Down/Clean-Up Crew	Frontier Field	<input type="checkbox"/> 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	<input type="checkbox"/> 7 am – 10 am	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 8 am – 12 pm	<input type="checkbox"/> 7 am – 3 pm
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*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	<input type="checkbox"/> 7 am – 11 am	<input type="checkbox"/> 8 am – 12 pm	<input type="checkbox"/> 9 am – 3 pm
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*For Bike Patrol shift will fall somewhere between the approx. time(s) you choose. Exact time will be mailed with your volunteer confirmation.*

Bike Patrol	Marathon Course	<input type="checkbox"/> 7:30 am – 11:30 am	<input type="checkbox"/> 8 am – 1 pm	<input type="checkbox"/> 9 am – 2:30 pm
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**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