



## 2011 MVP Health Care Rochester Marathon

### Volunteer Sign-up



Join the **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

Tue, Sep 6 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Wed, Sep 7 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Thu, Sept 8 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Fri, Sept 9 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Mon, Sept 12 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Tue, Sept 13 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Wed, Sept 14 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Thu, Sept 15 <sup>th</sup>	<input type="checkbox"/> 10 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm

### PACKET PICK-UP (EXPO)

Friday, September 16, 2011  
Location: TBD

Registration	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 12:45 pm – 4 pm	<input type="checkbox"/> 3:45 pm – 7 pm
Volunteer Ck-In	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm	<input type="checkbox"/> 4 pm – 7 pm

### PACKET PICK-UP (EXPO)

Saturday, September 17, 2011  
Location: TBD

Registration	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 12:45 pm – 4 pm
Volunteer Ck-In	<input type="checkbox"/> 9:30 am – 1 pm	<input type="checkbox"/> 1 pm – 4 pm
Expo Breakdown	<input type="checkbox"/> 4 pm – 6 pm	

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## RACE DAY ASSIGNMENTS

**Sunday, September 18, 2011**

- 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.

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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"/> 5:00 am – 8:00 am	<input type="checkbox"/> 7:30 am – 11:30 am	<input type="checkbox"/> 11 am – 2 pm
Food Tent	Frontier Field	<input type="checkbox"/> 7 am – 11 am	<input type="checkbox"/> 11:00 am – 3:00 pm	
Finish Line (Medals, Chips or Water)	Frontier Field	<input type="checkbox"/> 7 am – 11 am	<input type="checkbox"/> 10:30 am – 2:30 pm	
Tear-Down/Clean-Up Crew	Frontier Field	<input type="checkbox"/> 1 pm – 4 pm		

*For Medical Tent Volunteer, please input type of volunteer (ex Doctor, Nurse, Admin, etc): \_\_\_\_\_*

Medical Tent	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
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*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	<input type="checkbox"/> anytime needed
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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	<input type="checkbox"/> anytime needed
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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	<input type="checkbox"/> anytime needed
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**Thank You for Volunteering!!**

**Please return your completed form by August 31, 2011 to:**

Arthritis Foundation

3300 Monroe Avenue, Suite 319

Rochester, NY 14618

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