

Volunteer Registration Form

Thanks for your interest in volunteering for an upcoming event. As a volunteer, you'll have fun and feel a personal satisfaction in helping runners and walkers achieve their goals and raising funds for important non-profit organizations. You'll also receive a race T-shirt or other memento!



The volunteer form below is applicable for any event owned or managed by Fleet Feet Event Management. For our current schedule of events, please visit www.ffiisac.com and click on the "View All Events" section of the event calendar.

To volunteer for an upcoming event, please complete and return the form below by mail, fax, or e-mail. Or, e-mail your contact information, the race in which you are available to volunteer, and the area(s) of interest.

Volunteer Areas and Description of Activities

Race-Day Registration and Packet Pick-Up

Register entrants and distribute shirts and numbers

Post-Race Refreshments

Serve food and fluids after the finish

Course Monitor

Help keep the runners on course and safe

Anywhere on Race Day

Fill-in in at any race-day area, as needed

Split Timer

Provide times for runners at each mile

Pre-Race Registration and Packet Pick-up

Note: this activity varies by event. Typically, we have registration the day before the event at Fleet Feet Sports Sacramento. Volunteer shifts are 10:30 a.m.-3 p.m. or 3-7 p.m.

Fluid Station

Hand out fluids on the course

Please check the web site listing for a particular race to determine if the event of your choice has pre-race registration at the store.

Finish Line/Timing/Scoring

Process runners as they cross the finish line

Volunteer Confirmation: We will try to confirm your activity the week of the race. All volunteers are needed. Even if you don't hear back from us, please report for your task. You can find out complete event details, including location and parking information, on the web site at www.ffiisac.com. *Thanks for your help!*

Doug Thurston, Race Director
Fleet Feet Event Management
2311 J Street, Sacramento, CA 95816
Ph. (916) 441-1751 • Fax (916) 442-6702
E-mail: raceinfo@ffiisac.com • Website: www.ffiisac.com

Fleet Feet Event Management Volunteer Registration Form

Please return by mail, fax or E-mail indicating the area(s) and races you want to volunteer. Thanks for your help!

Race In Which You Are Volunteering: _____ Race Date: _____

Your Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Day Phone: _____ Eve Phone: _____ Best Time to Call: _____

E-mail Address: _____

Area(s) I'd like to help (if more than one, please indicate preference):

- | | |
|---|--|
| <input type="checkbox"/> Race-Day Registration/Packet Pick-Up | <input type="checkbox"/> Post-Race Refreshments |
| <input type="checkbox"/> Course Monitor | <input type="checkbox"/> Anywhere on Race Day |
| <input type="checkbox"/> Split Timer | <input type="checkbox"/> Pre-Race Registration-day(s) before race at Fleet Feet J Street* |
| <input type="checkbox"/> Fluid Station | Indicate day and shift—see list above: _____ |
| <input type="checkbox"/> Finish Line/Timing/Scoring | *Note: Check if applicable at event page at www.ffiisac.com |

Return form by mail, fax, or e-mail to:

Doug Thurston, Fleet Feet Events
2311 J Street
Sacramento, CA 95816

Fax (916) 442-6702
E-mail: raceinfo@ffiisac.com