

2011 Volunteer Registration Form



Mail to: Urban Cow
PO Box 19027
Sacramento, CA 95819

or **Fax to:** (916) 492-8964

Name: _____ Age: (min. 14) _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (day) _____ Phone: (eve.) _____

E-mail: _____ Shirt size: S M L XL XXL



PLEASE MARK YOUR TOP THREE CHOICES WITH 1, 2, and 3

Are you willing to work more than one of the shifts marked? Yes No

FRI	<p>September 30, 2011</p> <p><i>Packet Pickup and Registration at Fleet Feet Sacramento, 2311 J Street, Sacramento</i></p> <p>_____ 9:30 am – 2:30 pm</p> <p>_____ 2:00 pm – 7:00 pm</p>
SAT	<p>October 1, 2011</p> <p><i>Packet Pickup and Registration at Fleet Feet Sacramento, 2311 J Street, Sacramento</i></p> <p>_____ 9:30 am – 2:30 pm</p> <p>_____ 2:00 pm – 7:00 pm</p> <p>_____ Event set-up (William Land Park) 10:00 am – 2:00 pm</p>
SUN	<p>October 2, 2011</p> <p><i>William Land Park, 3878 Freeport Blvd., Sacramento</i></p> <p><i>Packet Pickup – Assist in distributing race packets to runners (no registration)</i></p> <p>_____ 5:30 am – 7:45 am</p> <p><i>Parking Attendants (at Sacramento City College parking lot)</i></p> <p>_____ 6:00 am – 7:30 am</p> <p><i>Set Up and Tear Down</i></p> <p>_____ 6:00 am – 9:30 am</p> <p>_____ 9:00 am – 1:00 pm</p>

continued on back

SUN

October 2, 2011 (continued)

William Land Park, 3878 Freeport Blvd., Sacramento

Gear Check – Accepting and distributing runner gear bags before and after race

_____ 6:00 am – 11:30 am

Course Monitors – This position is critical! *Course monitors are located at various points along the race route to keep participants on the course and vehicles off of the course.*

_____ 7:00 am – 11:30 am

Post-race Food and Beverage Area

_____ 7:00 am – 10:00 pm

_____ 9:30 am – 1:00 pm

_____ I'm flexible, put me wherever you have a need

Times available: _____

DISCLOSURE, LIABILITY WAIVER AND RACE VOLUNTEER AGREEMENT

Your participation as a volunteer is based on your acknowledgment of and agreement to the following conditions: Read this form carefully before signing. Volunteer work for a half marathon is a potentially hazardous activity. A volunteer should not participate unless medically able to participate. Each volunteer assumes all risks associated with volunteering for this event, including but not limited to the effects of weather, traffic, course conditions and course surfaces, falls, and contact with other volunteers, runners and spectators. I am aware that medical support for this event will be provided by volunteer personnel who may be called upon to provide assistance, including first aid, to me as a volunteer during or after the event. I authorize any such volunteer to assist me or to perform such assistance as in the opinion of such person may be necessary or appropriate. I, for myself and any person entitled to act on my behalf, do hereby release Capital Road Race Management (CRRM), The Buzz Oates Group of Companies, Clark’s Corner and all other event sponsors, the City of Sacramento, the County of Sacramento, USATF, volunteers, marathon event staff, directors and officers, together with their subsidiaries, successors, heirs, contractors, subcontractors, directors, officers, agents, attorneys, and representatives from all claims of liability of any kind and character whatsoever arising from my participation as a volunteer in any of the Urban Cow Half Marathon events or any of its allied or accompanying events. I consent to the use of my image in photos, video and audio recording, or film of my participation in any of the above-mentioned events from all claims of liability of any kind or character arising from my volunteer participation in this event or in any related activity.

Signature _____ Date: _____

Signature of Parent / Guardian if under 18: _____

Emergency Contact Name & Phone: _____

If you have any questions, call (916) 492-8966.

Thank you very much for your support of the Urban Cow Half Marathon.