

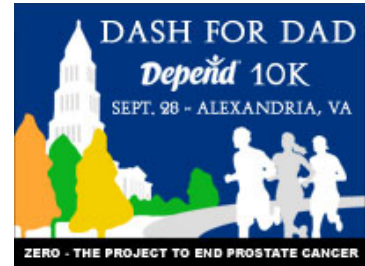


The Project to End Prostate Cancer

1154 Fifteenth Street, NW
Washington, DC 20005
Tel: (202) 463-9455
Fax: (202) 463-9456
ZeroCancer.org

Dash for Dad/Depend 10K Volunteer Sign-Up

Please email tracy@zerocancer.org
or fax back to Tracy Amish at 202-463-9456



Name:

Address:

City, State, Zip Code:

Phone Number: Email Address:

Preferred Method of Contact (Circle One): Phone Email

Are you interested in being a Lead Volunteer? (Circle One): Yes No

Volunteer Positions & Descriptions

Please mark an X in the areas that you are interested in volunteering

- New Registration (Report Time 5:45 am): Collect race registrations and payments, assign participants bib numbers and hand them the corresponding chip along with a tshirt and goody bag. Volunteers Needed 5
Pre Registration (Report Time 5:45 am): Hand out shirts, bib numbers and chips to those race participants who registered prior to race day. Volunteers Needed 5
Gear Check (Report Time 6:00 am): Collect gear from participants and place it in bib number order. After the race, participant will come and collect their gear from you. You will check their bib number and then grab their bag to hand back to them. Volunteers Needed 5
Aid Stations (Report Time 7:00 am): Help fill cups of water and distribute to participants along the course. Clean up during and after race participants pass by your area. Volunteers Needed 20
Course Marshalls (Report Time 7:00 am): Direct participants with a flag or loud voice command to keep participants on the correct course and going the right way. Prevent traffic from interfering with the participant's on-course. Volunteers Needed 30
Split Timers (Report Time 7:00 am): Provide runners with the elapsed time in the race at each mile point on the course. You will need a good set of vocal cords and a digital watch for this position. Volunteers Needed 8
Finish Line Timing (Report Time 7:30 am): Help to cut off chips at finish line and make sure that no runners have exited the finish line with the rental chip still attached to their show. Volunteers Needed 5
Start/Finish Line Food & Water (Report Time 7:30 am): Help prepare and replenish food and water tables at finish line for participants. Make sure that participants do not take more than one of each item. Volunteers Needed 10

Special Services:

- Pick Up Truck: Able to provide a pick-up truck and is willing to help transport items on September 27th, September 28th and possibly back to the office on September 29th.
Photographer: Able to assist in taking event pictures using a pre-determined shot list. All photographers would get credit for any pictures used following the event on marketing materials.