



2012 American River Parkway Half Marathon and 5K Volunteer Form

Snail mail to
Parkway Half Marathon
5700 Arden Way
Carmichael, CA 95608

EMAIL to:
Ken@sacfit.com

Note: a scan of this form or the information from the fields may be emailed

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number _____ e-mail _____

1. Below are the volunteer opportunities for this event. Please number your order of preference.

_____ **Pre-Event Set up Crew (April 27, 2012 - early evening and/or April 28, 2012 early morning)**
Includes setting up tables and chairs, placing race barriers, moving various equipment, helping the race manager with other duties..

_____ **Aid Station Staff (April 28, 2012 - early morning to late morning)**
Work with an aid station team in setting out and filling up cups of water and sport drink, handing out drinks to racers, making sure stray cups are placed into trash receptacles, and cheering on participants.

_____ **Musician – Solo or Ensemble (April 28, 2012 - early morning to late morning)**
Includes playing music and runners or walkers race by. Music is up to the musician(s) and the playing level can be from practice to performance mode.

2. All volunteers receive a volunteer race t-shirt and lunch. Please indicate your choices.

T-Shirt Size - Please check one:

XS	<input type="checkbox"/>	XL	<input type="checkbox"/>
S	<input type="checkbox"/>	XXL	<input type="checkbox"/>
M	<input type="checkbox"/>	XXXL	<input type="checkbox"/>
L	<input type="checkbox"/>	XXXXL	<input type="checkbox"/>

Lunch - Please check one:

Non-Veggie	<input type="checkbox"/>
Veggie	<input type="checkbox"/>