

Jimmy D Memorial 5K Run/Walk Volunteer Sign Up Sheet

Please check the activities that you would like to volunteer.

All volunteers are asked to attend any pre-race meetings that concern the activity in which they have volunteered. A member of the 5K committee will notify you when these meetings will take place.

Pre Race Activities – Includes activities prior to 9/5/10

- Goodie Bag Stuffing (Date and Time TBD)
- Pre-Race packet pick up on Friday, 9/3/10 from 5-8 p.m at Road Runner Sports at the Shoppes at North Brunswick
- Pre-Race packet pick up on Saturday, 9/4/10 from 12 noon – 3 p.m. at Road Runner Sports at the Shoppes at North Brunswick

Race Day Registration & Packet Pick Up – 9/5/10

Includes any & all activities taking place during registration such as:

- Hand out goodie bags and race day t-shirts
- Hand out participants bib #'s and time chips

Cheering Posts

- Cheering on runners along race route
- Cheering on runners at Fire Headquarters
- Cheering on runners along the Finish Line

Water Station

- Pouring and passing out water to all participants at water station located in front of Fire Headquarters.

Finish Line

- Cheer on runners nearing the finish
- Directing runners through the finish
- Passing out post race water and snacks to all finishing participants

Kid s Activities

- Registering for the kids fun run
- Handing out goodie bags and t-shirts to all children that participate in the kids fun run
- Passing race medals to all children when they cross the finish line of the kids fun run
- Trouble shooting all children's events such as: moon bounce, fun run, & clowns

Post Race B-BQUE

- Preparing tables, plates, napkins, cups & utensils
- Handing out post race food including: hot dogs, hamburgers, chicken, and sausage sandwiches
- Clean Up

Merchandise or 50/50 Raffle Sales

- Selling JDMF merchandise or 50/50 raffle tickets during pre & post race activities

For more information about the event, or the volunteer opportunities please contact Erin @ 732-803-5871 or vargzz@gmail.com.

Name: _____ Phone: _____ Email: _____

Waiver: Including permission for the undersigned to participate in the Jimmy D Memorial 5K and related events. I, the undersigned myself, my successors, heirs, executors, and administrator agree that I fully understand that I will be engaging in activities that involve risk of injury or death, including economic losses which might result not only from my injuries, including medical or hospital bills, permanent or partial disability or death, but also damages to my property.

Signature of Volunteer or parent if under 18 years of age _____