



THE 21ST ANNUAL
TC10K
.....
RUN • WALK • APRIL 25, 2010

Volunteer Information

Please fill in and return by Fax to 250.744.3542 or by mail to: Suite 100-4636 Elk Lake Drive, Victoria, BC V8Z 5M1
Further information: volunteer@tc10k.ca or 250.744.5538

Name _____

Address _____

City _____ Province _____ Postal Code _____

Home Phone _____ Cell Phone _____

E-mail _____ T-shirt size (Adult) S M L XL XXL

Have you volunteered for the TC10K before? Yes No

If yes, how many years have you volunteered? _____ yrs

Previous volunteer experience or relevant background: _____

Please indicate first and second choices from the list below:

Pre Race: April 16-21
 Flyer distribution on course

Thursday April 22
Package Assembly
 12:00PM – 4:00PM
 4:00PM – 8:00PM

Friday April 23
Package Pick Up
 8:30AM – 12:00PM
 11:30AM – 3:30PM
 3:00PM – 7:00PM

Saturday April 24
Package Pick Up
 9:30AM – 1:00PM
 12:30PM – 4:30PM
 4:00PM – 8:00PM
Finish Line Set Up
 12:00PM – 4:00PM
 4:00PM – 8:00PM

Sunday April 25
Course Marshals
 7:30AM – 11:30AM
Food Tent
 6:30AM – 12:00PM

Walk Monitors
 7:45AM – 10:00AM
Start Line
 6:00AM – 9:00AM

Finish Line Crew
 6:00AM – 12:00PM
Venue Site Clean Up Crew
 10:00AM – 2:00PM

Equipment Crew
 6:00AM – 12:00PM
Late Package Pick Up
 6:00AM – 9:00AM
Family Run Crew
 8:00AM – 12:00PM
Awards
 9:00AM – 12:00PM
Gear Check
 7:00AM – 12:00PM
Communication
 6:30AM – 12:00PM
 Anywhere needed

..... **Waiver Release – Please read carefully!**

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I AM medically able and properly trained. I also know, although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running/walking the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Victoria International Running Society, JQ Events Inc., BC Athletics, the City of Victoria including their Police Department, Emergency Radio Systems, Event

Officials, Volunteers, and any and all sponsors, including their agents, employees, assigns and anyone else acting for or on their behalf, from and against any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors will be accepted only with a parent's signature and should be signed by minor also. I agree that the organizers may use any photos, stories, still tape or film taken of me for any purpose without compensation.

I hereby acknowledge having read this Release & Waiver and that I understand and accept its terms.

Signature _____

Date _____

Parent/Guardian signature if entrant under 19 _____

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