



THE 20TH ANNUAL
TC10K
RUN • WALK • APRIL 26, 2009

Volunteer Information

Please fill in and return by e-mail to volunteer@tc10k.ca

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?

Previous volunteer experience or relevant background:

Please indicate First and Second Choices from the list below:

Pre Race: April 17-22
 Flyer distribution on course

Thursday April 23
Package Assembly
 12:00PM – 4:00PM
 4:00PM – 8:00PM

Friday April 24
Package Pick Up
 9:00AM – 1:00PM
 12:30PM – 4:30PM
 4:00PM – 8:00PM

Saturday April 25
Package Pick Up
9:00AM – 1:00PM
12:30PM – 4:30PM
4:00PM – 8:00PM
Finish Line Set Up
12:00PM – 4:00PM

Sunday April 26
Course Marshals
7:30AM – 11:30AM
Food Tent
6:30AM – 12:00PM

Start Line
6:00AM – 9:00AM

Finish Line Crew
6:00AM – 12:00PM

Venue Site Clean Up Crew
8:30AM – 12:00PM
12:00PM – 4:00PM

Equipment Crew
6:00AM – 12:00PM

Late Package Pick Up
6:00AM – 9:00AM

Kids Finish Line Crew
8:00AM – 12:00PM

Awards
9:00AM – 12:00PM

Gear Check
7:00AM – 12:00PM

Walk Monitors
7:45AM – 11:30AM

Communication
6:30AM – 12:00AM

Water Stations
7:00AM – 11:00AM

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

TITLE SPONSOR

GOLD LEVEL SPONSORS

SILVER LEVEL SPONSORS

CHARITIES



BRONZE LEVEL SPONSORS

RUNNING STORE SPONSORS

MEDIA PARTNERS

