



THE 23RD ANNUAL  
**TC10K**  
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RUN • WALK • APRIL 29, 2012

# 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:

**Thursday April 26**

**Package Assembly**

- 12:00PM – 4:00PM
- 4:00PM – 8:00PM

**Friday April 27**

**Package Pick Up**

- 8:30AM – 12:00PM
- 11:30AM – 3:30PM
- 3:00PM – 7:00PM

**Saturday April 28**

**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 29**

**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 some police supervision and some control by volunteers will be provided, there will be traffic and may be unauthorized 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 condition 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 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. The 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. If I am signing on behalf of or together with a minor as parent or guardian or responsible adult, I warrant that I have authority to do so and I agree, in consideration of VIRS allowing the minor to participate at my request, to indemnify all of the above named parties for any claims as described above advanced by said minor or by anyone on that minor's behalf, and I consent jointly with the minor and on the minor's behalf to the use of images and stories of the race involving the minor to be used for any purpose without compensation. I agree that the organizers may use any images and stories of the race which include me for any purpose without compensation.

I hereby acknowledge having read this Release and 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

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