

September 26 – 27, 2009 | Cherry Creek State Park

24 & 8 Hours of Triathlon

0.24 mile swim | 11.2 mile bike | 2.6 mile run

We are currently recruiting volunteers to join us at the 4th annual 24 & 8 Hours of Triathlon. This is a great way for you (or your club/organization) to take part in a truly unique event with out having to actually break a sweat! Please fill out and return the sheet below to *24 Hour Events, PO Box 4489, Boulder, CO 80306* or fax to *303.484.2217*. You will be contacted prior to the event to confirm your job assignment and give you final race weekend details and instructions.

YES! SIGN ME UP AS A VOLUNTEER

Name: _____ T-shirt Size: _____
(Unisex Sizes XS – XXL)

Address: _____

City/State/Zip: _____

Email: _____ Cell Phone: _____
(we will send you confirmation and details by email) (please bring your cell on race day)

Volunteer Job Desired (see list of job descriptions on back):

(1st choice) _____

(2nd choice) _____

-or- Assign me where I am needed most

24 & 8 Hours of Triathlon 2009 VOLUNTEER JOBS
Friday Sep 25th – Sunday Sep 27th

<p>Packet Stuffing <i>Thursday Sep 24th 5:30 pm - 8 pm</i> 4 volunteers needed 3655 Frontier Ave., Boulder Help stuff the race goodie bags for all the athletes.</p>	<p>Packet Pick-up <i>Friday Sep 25th 3 pm – 7 pm</i> 4 volunteers needed Assist with packet pickup at the race site from 3-7pm.</p>
<p>Race Day Packet Pick-up <i>Saturday Sep 26th 6:30 am - 8:30 am</i> 2 volunteers needed Assist with packet pickups.</p>	<p>Race Day Timing <i>Sat. 9:00 am – 1:00 pm</i> <i>Sat. 1:00 pm – 5:00 pm</i> <i>Sat. 5:00 pm – 9:00 pm</i> <i>Sat. 9:00 pm – 1:00 am</i> <i>Sun. 1:00 am – 6:00 am</i> <i>Sun. 6:00 am – 9:00 am</i> 3 volunteers needed per shift Assist with athlete flow at the timing tables</p>
<p>Body Marking <i>Sat. 6:30 am - 8:30 am</i> 2 volunteers needed What could be more fun? You get to draw on people with permanent markers!</p>	<p>Safety Kayaks <i>Sat. 8:30 am - 12:00 pm</i> <i>Sat. 12:00 pm - 3:30 pm</i> <i>Sat. 3:30 pm – 7:00 pm</i> <i>Sun. 6:30 am – 9:00 am</i> 2 kayaks needed for each shift, 4 for the start on Saturday Kayaks are needed to be out on the water during the event, to watch for and assist tired swimmers.</p>
<p>Motor Boats <i>Sat. 8:30 am - 12:00 pm</i> <i>Sat. 12:00 pm - 3:30 pm</i> <i>Sat. 3:30 pm – 7:00 pm</i> <i>Sun. 6:30 am – 9:00 am</i> 2 volunteers needed per shift Have you always dreamed of being that guy/girl on Baywatch that zooms over and saves the swimmer in distress? Here is your chance. If you can operate an outboard and have dreams of glory and fame, please sign up for a boat shift today! Keep other boat traffic away from the swim course and swimmers in the right direction. Assist tired swimmers.</p>	<p>Bike Course Marshals (1) T-intersection (9a–9p Sat, 6a-9a Sun) (1) Gun Club (9a–5p Sat) (1) First turn around (9a–9p Sat, 6a-9a Sun) (1) Aid station (1) 4-way intersection stop sign (1) Second turn around (no aid) (1) Pit area entrance (9a–9p Sat, 6a-9a Sun) 7 volunteers needed per shift, 4 at night <i>Sat. 9:00 am – 1:00 pm</i> <i>Sat. 1:00 pm – 5:00 pm</i> <i>Sat. 5:00 pm – 9:00 pm</i> <i>Sat. 9:00 pm – 1:00 am</i> <i>Sun. 1:00 am – 6:00 am</i> <i>Sun. 6:00 am – 9:00 am</i> Keep racers on course and safe from traffic.</p>
<p>Run Course Marshals (1) Water station/turnaround (1) First road crossing (9a–9p Sat, 6a-9a Sun) (1) Second road crossing (9a–9p Sat, 6a-9a Sun) 3 volunteers needed per shift, 1 at night <i>Sat. 9:00 am – 1:00 pm</i> <i>Sat. 1:00 pm – 5:00 pm</i> <i>Sat. 5:00 pm – 9:00 pm</i> <i>Sat. 9:00 pm – 1:00 am</i> <i>Sun. 1:00 am – 6:00 am</i> <i>Sun. 6:00 am – 9:00 am</i> Keep racers on course and safe from traffic.</p>	<p>Finish Line <i>Sat. 4:30 pm - 5:00 pm (8 hour race)</i> <i>Sun. 8:30 am – 9 am (24 hour race)</i> 2 volunteers needed per shift Welcome athletes across the line and hand out finisher medals. Bring a smile and a warm hug for those who need it.</p>

Please contact Ian Adamson 303.875.1467 ian@24hour-events.com