



April 24, 2010 115 Sparta Avenue Sparta, NJ

Volunteers Needed:

Please check off all of the following that you would be willing to do.

Please let us know if you need to work seated.

Please indicate your availability.

Please print clearly.

Group _____

Name: _____

Phone: _____ Cell: _____

Address: _____

Email: _____

Fax: _____

Circle: Senior Adult 18-21 15-17 10-14 accompanied by adult

Pre-Event between now and the event (at your convenience) ___ Get auction items

___ Distribute brochures & post flyers ___ Make phone calls ___ Make signs

Help at a table at expo or in front of a store (will let you know dates and time)

Tuesday April 20 ___ Stuff goody bags Specify hours between 1 - 6PM _____

Friday April 23 Night before event Specify Hours available between 5 – 10PM _____

___ Help at pasta dinner/packet pick up ___ Drive to pick up food

___ Expo table set up Specify hours between 8-11PM _____

Saturday April 24 I can volunteer 7 am – 1:30 pm _____

Specify hours between 7AM – 1:30PM (if can't stay the whole time) _____

- | | |
|---|---|
| _____ Place me anywhere | _____ On Course ___ 1 mile split ___ 2 mile |
| _____ Run Errands – driver needed | _____ Sell food and activity tickets |
| _____ Town crier announcements (outgoing personality) | _____ Sell food |
| _____ Registration | _____ Food prep and table |
| _____ Supervise ride or activity. Collect tickets | _____ Post-race clean up |
| _____ Silent auction table | _____ Help at absent vendor table |
| _____ Parking | _____ Food Store Driveways |
| _____ Finish line (Guide runners to water) | _____ Post Office Driveways |
| _____ Water stops (Fill cups at finish or midway) | _____ Enforce rules (food only in lobby,
only flat shoes, no pets in building) |