

# Eppie's Great Race® 38

Presented by Eppie's Great Race Foundation  
"The World's Oldest Triathlon"®



[www.TheGreatRace.org](http://www.TheGreatRace.org)  
Saturday, July 23, 2011

## Volunteers Needed:

Friday, July 22, 2011

& Saturday, July 23, 2011

It is that time of year again! Be a part of Eppie's Great Race® - the "World's Oldest Triathlon"® presented by Eppie's Great Race Foundation. Volunteer your energy as hundreds of athletes run, peddle and paddle their way to the finish line during this fun-filled event along the American River Parkway in Sacramento/Rancho Cordova. You and/or your group can play a major role in the success of this time-honored tradition. More

importantly, you will contribute to raising funds for the County of Sacramento, Therapeutic Recreation Services program, which provides skills-training and year-round recreational opportunities to individuals with disabilities throughout the greater Sacramento area. Please complete this form or sign up online at [www.thegreatrace.org](http://www.thegreatrace.org).



### Requirements:

- Have lots of energy
- Adult supervision if under 16 years-old
- Be on time

### Rewards:

- Eppie's Great Race® T-Shirt
- Food and beverage coupons
- Giving back to the community



For volunteer information, please call (916) 381-0255 or send an e-mail to [TRS@SacCounty.net](mailto:TRS@SacCounty.net)

Individual Name or Group Contact: \_\_\_\_\_

Group Name (if applicable): \_\_\_\_\_ # in your group: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Please Indicate Your Preferred Work Area Below:

#### I am available to work:

- Friday morning
- Friday afternoon
- Friday evening
- Saturday morning
- Saturday afternoon

#### Pre-Race Jobs

- Set-Up Friday morn.
- Set-Up (Fri. aftn./ early eve.)
- Parking (Fri. aftn./ early eve.)
- Food Prep (Fri. aftn./ early eve.)
- Goodie Bag Stuffing (TBA)

#### Race-Day Jobs

- Water Safety Specialist/Lifeguard certified
- Parking (early Sat. a.m.)
- Parking (late Sat. a.m.)
- U.S. Bank Kids Duathlon Youth Pavilion
- Richey Bridge Crowd Control
- Food Prep/Service
- Bike Route in Cordova Park
- Watercraft Launch
- Watercraft Take-out: Water
- Watercraft Take-out: Shore- 18+y/o
- Tear Down & Clean-up after race
- Water Booth at finish line
- Water Stations (Run course)

Return by mail: Eppie's Great Race® c/o Sac County TRS  
P.O. Box 292640  
Sacramento, CA 95829

Fax: 916.381.0209

E-mail: [TRS@saccounty.net](mailto:TRS@saccounty.net)

Or apply online: [www.thegreatrace.org](http://www.thegreatrace.org)

### Liability Release: (Each Volunteer or Guardian Must Sign)

I, as a volunteer in Eppie's Great Race® understand, acknowledge and assume all risks associated with Eppie's Great Race®. I agree to hold harmless the County of Sacramento, its employees, volunteers, contractors, agents and co-sponsors associated with this program for any damages allegedly caused by my participation in this program. Additionally, I agree to unconditionally waive any claim of liability on the part of the County of Sacramento for any injury arising out of or in any way related to my participation in Eppie's Great Race® 38, July - 17, 2010.

1. Printed Name \_\_\_\_\_ T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian of Minor (if under 18 as of 7/18/11)

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_



**Description of Duties:**

**Set-Up** - This is physical labor, which requires strength and endurance. You will need work gloves and you WILL get dirty: Friday before race 10:00a.m.- 6:00 p.m.

**Goodie Bag Stuffing**- Prepare goodie bags for competitors: week before the race (TBA).

**Parking** - Directs and controls cars in parking lots: Friday 3:45 p.m-7:30 p.m., race day 6:00 a.m-10:00 a.m. or race day 9:30 a.m.-1:00 p.m.

**Watercraft Launch** - Early morning assistance at Sacramento Bar access area. Advises participants where to place boats in proper location on beach and break down staging area on race day 5:30 a.m.-10:00 a.m.

**Watercraft Take-Out (water)** - Stand in water up to mid-thigh. Volunteers form a human chain to guide boats and direct racers to the finish line: Race day 9:30 a.m.-11:30 a.m. (You will get wet!) **Minimum age:** 13 years old, with adult supervision. Shoes required; **no flip-flops.**

**Watercraft Take-Out (shore)** – After competitor exits the water, volunteers remove boats from water and place them on beach. Although this is heavy physical labor, you will get your morning exercise!! Race day 8:30 a.m.- 11:00 a.m. **Minimum age:** 18 years old. Sturdy shoes required; **no flip flops.**

**Bike Route -Cordova Park & William Pond Park, Riverbend Park, Richey Bridge-** Directs crowd off the bike path to ensure safety of competitors. Cordova: race day 8:00 am-10:00 am or River Bend Park (formerly Goethe Park) / Richey Bridge: race day 8:00 a.m.-10:30 a.m.

**Clean-Up-** Assists with picking up trash, tables/chairs & other equipment, primarily in picnic area: Race day 12:00 noon-3:00 p.m.

**Food Prep-** Helps prepare and serve food and drinks: Friday 3:00 p.m.-8:00 p.m. or race day 8:30 a.m.-1:00 p.m.

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**Additional Names (Groups and Families):**

2. Printed Name \_\_\_\_\_ T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent/Guardian (if under 18 as of 7/18/11) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

3. Printed Name \_\_\_\_\_ T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent/Guardian (if under 18 as of 7/18/11) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

4. Printed Name \_\_\_\_\_ T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent/Guardian (if under 18 as of 7/18/11) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

5. Printed Name \_\_\_\_\_ T-shirt size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_ XXXL \_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Parent/Guardian (if under 18 as of 7/18/11) \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_