



Volunteers Needed: Saturday, July 19, 2008

It's that time again! Come be a part of the "World's Oldest Triathlon"™ as hundreds of athletes run, peddle and paddle their way to the finish line during this fun-filled event. You and/or your group can play a major role in the success of this time-honored tradition. More importantly, you will be helping to raise funds for Sacramento County's Therapeutic Recreation Services, which provides year-round recreational opportunities and skills training to individuals with disabilities throughout the greater Sacramento area.



- 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

Individual Name or Group Contact: _____
 Group Name (if applicable): _____ # in your group: _____
 Address: _____ City: _____ ZIP _____
 Phone (day): _____ Phone (eve): _____ Cell: _____
 E-mail Address: _____ Fax: _____

PLEASE INDICATE YOUR PREFERRED WORK AREA BELOW:

I am available to work:

- Week prior to race
- Friday afternoon
- Friday evening
- Saturday morning
- Saturday afternoon

Pre-Race Jobs

- Goodie Bag stuffing (Wk. before race, times TBA)
- Set-up (Fri. Aftn/Early Eve)
- Parking (Fri. Aftn/Early Eve)
- Food Prep/Service (Fri. Aftn/Eve)

Race-Day Jobs

- Parking (Early Saturday Morning)
- Parking (Late Saturday Morning)
- Richey Bridge Crowd Control
- Food Prep/Service
- Bike Route in Cordova Park
- Watercraft Launch
- Watercraft Take-out (Water)
- Watercraft Take-out (Shore)
- Tear Down & Clean-up (After race)
- Water Booth at finish line
- Water Stations (Run course)
- Run-to-Bike Transition
- Bike-to-Boat Transition

Return by Mail: **Attn: Eppie's Great Race®**
 P.O. Box 292640, Sacramento, CA 95829
 Or:
 Fax: 916.381.0209
 Or Email: TRS@SacCounty.net

Liability Release: (Each Volunteer or Guardian Must Sign)

I, as a volunteer in The Great Race® understand, acknowledge and assume all risks associated with The 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® XXXV July 12-19, 2008.

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 7/14/07)

Address _____ City _____ ZIP _____

Additional volunteer signatures on back; attach copies as needed

