



# GO! St. Louis Marathon & Family Fitness Weekend April 4-6, 2008

Volunteers sponsored by:



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_ Cell: ( ) \_\_\_\_\_

Age (Must be over 14 yrs.): \_\_\_\_\_ Shirt Size (Unisex): Sm \_\_\_ Med \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_

\*While we will make every effort to accommodate your size, sizes are not guaranteed\*

Please review this application and then mark **ALL** areas and times you are available to volunteer. Shifts are approximately 4 hrs.

### **PRE-RACE Packet Stuffing:**

- Read, Right & Run Marathon® packet stuffing at the GO! St. Louis office.

Times: Monday, March 17 – 5:00 pm – 9:00 pm \_\_\_\_\_

Tuesday, March 18 – 5:00 pm – 9:00 pm \_\_\_\_\_

### **THURSDAY, APRIL 3**

- Post “No-Parking” signs from 1:00 pm – 5:00 pm

### **FRIDAY, APRIL 4**

- EXPO at Adam’s Mark Hotel:

Packet Pick-Up \_\_\_\_\_ Registration \_\_\_\_\_ T-shirt distribution \_\_\_\_\_ Info/Solutions \_\_\_\_\_  
10 am – 2:30 pm \_\_\_\_\_ 2:30 – 7 pm \_\_\_\_\_

- Cricket Field in Forest Park (near Visitor’s Center) set-up: 1 pm – 5 pm \_\_\_\_\_
- Post “No-Parking” signs from 1:00 pm – 5:00 pm

### **SATURDAY, APRIL 5**

- EXPO at Adam’s Mark Hotel:

Packet Pick-Up \_\_\_\_\_ Registration \_\_\_\_\_ T-shirt distribution \_\_\_\_\_ Info/Solutions \_\_\_\_\_  
9:30 am – 2:00 pm \_\_\_\_\_ 2:00 pm – 7 pm \_\_\_\_\_

### **RACE EVENTS at the Cricket Field in Forest Park**

- Traffic and parking marshals: 5:30 am – 10:00 am \_\_\_\_\_
- 5K race course assistance: 6:00 am – 9 am \_\_\_\_\_  
Course set-up \_\_\_\_\_ Finish line \_\_\_\_\_ Awards \_\_\_\_\_ Water station \_\_\_\_\_ Monitors \_\_\_\_\_
- Volunteer Check-in: 5:45 am – 9:30 am \_\_\_\_\_
- Race Information/Lost & Found Tent: 6:00 am – 9:30 am \_\_\_\_\_
- Registration and packet pick-up: 6:00 am – 9:30 am \_\_\_\_\_
- Food set-up and distribution: 6:00 am – 11:00 am \_\_\_\_\_
- Read, Right & Run Marathon: 8:00 am – 11:00 am \_\_\_\_\_  
Course monitor \_\_\_\_\_ Finish Line \_\_\_\_\_
- Mature Mile: 9:45 am – 11:00 am \_\_\_\_\_  
Course monitor \_\_\_\_\_ Finish Line \_\_\_\_\_

**SATURDAY, APRIL 5 continued...**

- Children's Activities at Cricket Field: 7:30 am – 11:00 am \_\_\_\_\_
- Site tear-down at Cricket Field: 10:30 am – 1:00 pm \_\_\_\_\_
- Soldier's Memorial** (downtown) set-up for Sunday's race: 9:00 am – 1:00 pm \_\_\_\_\_ 1:00 pm – 5:00 pm \_\_\_\_\_
- Post "No-Parking" signs on 4 segments of the marathon race course (4 groups of 15): 9:00 am – 1:00 pm \_\_\_\_\_

**SUNDAY, APRIL 6 – Soldier's Memorial – Downtown St. Louis**

**MARATHON COURSE**

- Course Set – Up (some heavy lifting required; drivers needed): 5:00 am – 8:00 am \_\_\_\_\_
- Course Roll – Up (some heavy lifting required; drivers needed): 8:30 am – 2:00 pm \_\_\_\_\_ (varies according to section)
- Course Monitors (ages 18+) (locations TBD): 6:30 am – 10 am \_\_\_\_\_ 10 am – 1:30 pm \_\_\_\_\_
- Half Marathon Turn Around Monitors: 7:00 am – 10:30 am \_\_\_\_\_
- Marathon Relay Stations: 6:30 am – 9:30 am \_\_\_\_\_ 7:30 am – 11:30 am \_\_\_\_\_ 8:30 am – Noon \_\_\_\_\_ 9:00 am – 1:00 pm \_\_\_\_\_
- Water Station Teams - groups of 30 volunteers per station (locations & times vary) 6:00 am – 2:00 pm \_\_\_\_\_
- Trail Cars and Sag Wagon Drivers: (times vary according to vehicle) 6:30 am – 1:15 pm \_\_\_\_\_

**START AREA (13<sup>th</sup> & Market) / FINISH AREA (13<sup>th</sup> & Chestnut)**

- Site set-up: 5:00 am – 9:00 am \_\_\_\_\_
- Volunteer check-in: 5:30 am – 9 am \_\_\_\_\_ 9 am – Noon \_\_\_\_\_
- Baggage check for runners: 5:30 am – 8:30 am \_\_\_\_\_ 8:30 am – 11:30 am \_\_\_\_\_ 11:30 am – 1:30 pm \_\_\_\_\_
- Race information/runner relations/lost & found: 5:45 am – 9:30 am \_\_\_\_\_ 9:30 am – 1:30 pm \_\_\_\_\_
- Food set-up and distribution: 6 am – 10 am \_\_\_\_\_ 10 am – 2 pm \_\_\_\_\_
- Start Line area (13<sup>th</sup> and Market): 5:30 am – 7:15 am \_\_\_\_\_
- Start Line water station (13<sup>th</sup> and Market; group of 20): 5:00 am – 7:30 am \_\_\_\_\_
- Finish Line Area (13<sup>th</sup> and Chestnut): Monitors, chips, mylar blankets and medals  
5:45 am – 10:00 am \_\_\_\_\_ 10:00 am – 2:00 pm \_\_\_\_\_
- Awards: 7:00 am – 10:00 am \_\_\_\_\_ 10:00 am – 1:00 pm \_\_\_\_\_
- Finish Line water station: 6:00 am – 10:00 am \_\_\_\_\_ 10:00 am – 2:00pm \_\_\_\_\_
- Course and Site tear-down: 9:00 am – Noon \_\_\_\_\_ Noon – 4:30 pm \_\_\_\_\_
- Course Entertainment needed!** If you are in a band, choir, kazoo brigade or other performing group, sign-up!  
If you are interested in providing course entertainment check here to be contacted: \_\_\_\_\_  
Please describe: \_\_\_\_\_

**COMMENT SECTION:** \_\_\_\_\_

**DISCLOSURE, LIABILITY WAIVER AND RACE VOLUNTEER AGREEMENT**

Your participation as a volunteer is based on your acknowledgement of and agreement to the following conditions. Please read this form carefully before signing:

In consideration of your accepting me as a volunteer for the 2008 GO! St. Louis Marathon & Family Fitness Weekend, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have against GO! St. Louis (GO!), the sponsors, the volunteers, the participants, the state of Missouri, and the cities in which the race is contested, their representatives, successors and assigns for any and all injuries suffered by me in said event. I agree to accept and obey the rules of this race and any related events as published or otherwise made known to me and abide by the decision of any supervisor or race official concerning my ability to safely participate as a volunteer. I grant to GO! and the GO! sponsors and licensees the exclusive right to the free use of my name, my voice and/or my picture in any broadcast, telecast, advertising, promotion or other account of this event for legitimate purposes.

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

Parent or Guardian of volunteers under 18: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Mail this form to: GO! St. Louis Volunteers; 7727 Clayton Rd; St. Louis, MO 63117**

**Or Fax form to 314-727-0893. Any questions? Please call 314-727-0800 or E-mail: [volunteer@gostlouis.org](mailto:volunteer@gostlouis.org)**