



Volunteers Needed!

Silks & Satins ~ 13th Annual 5K

Saturday, August 1, 2009
Saratoga Springs, New York

Helpful Hints for Volunteers:

- Complete this application and return it to Special Olympics New York by **July 17, 2009**
- Volunteers must be at least 13 yrs of age; those 13 through 15 yrs old must be accompanied by an adult.
- All Pre-registered Volunteers will receive credentials
- All Pre-registered Volunteers will receive confirmation of their volunteer assignment in writing by July 25.

PLEASE PRINT:

_____	_____	_____	
<i>First Name</i>	<i>Last Name</i>	<i>Age (If Under 21)</i>	

_____	_____	_____	_____
<i>Street Address</i>	<i>City</i>	<i>State</i>	<i>Zip</i>
(____) _____	(____) _____	_____	
<i>Day Phone</i>	<i>Evening Phone</i>	<i>Company/Organization/School</i>	

E-mail for verification of receipt-

Please choose from volunteer time slots on the back of this form.

* We have a first come first serve policy for assignments so get your registration in ASAP to lock in your slot

* If no preference is indicated, we will assign you where most needed.

8/1 SATURDAY FROM _____ TO _____

PLEASE CONSIDER BEING A FLOATER: Floaters are flexible volunteers to fill open slots.

Please list your job preference here: *1st Choice:* _____

2nd Choice: _____

**Please return this form by July 17th to: Special Olympics New York 5K Volunteers
504 Balltown Road, Schenectady, NY 12304-2290 * or Fax it to: (518) 388-0795**

Volunteers Needed!

Below is a list of some of the jobs to which we will be assigning volunteers. This will give you a general idea of what volunteers will be doing at the 5K Run. Schedules are subject to change as the event draws nearer.

While the start times of the jobs are very early, the event is completely done by noon, allowing you to volunteer without giving up an entire day. Volunteer parking is available at no cost in the NYRA lot while space is available.

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-style sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage and experience joy.

Please support Special Olympics New York by volunteering your time!

Job	Volunteers needed	Time Start	End Time
Set Up <i>Tables, Chairs, heavy lifting required.</i>	25	5:00AM	10:00 AM
Registration <i>Help during runner registration process— move to finish line for chip return.</i>	36	5:30AM	10:00 AM
Goodie Bags <i>Unload and set up goodie-bag distribution</i>	10	5:30AM	10:00 AM
Water Stops <i>Distribute water to runners, heavy lifting may be required.</i>	24	6:00AM	10:00 AM
Refreshments <i>Help Price Chopper set up refreshment tent, Starbucks coffee etc..</i>	10	6:30AM	10:00 AM
Start Line <i>Assist with organizing the runners</i>	10	6:30AM	10:00 AM
Traffic/Course Marshalls <i>To include 3 split timers, course cone clean-up etc...</i>	50	7:00AM	10:00 AM
Awards	4	7:30AM	10:00 AM
Finish Line/Chip Return <i>Collection of all chips back from runners.</i>	10	7:30AM	10:00 AM
Clean Up <i>Course, lawn, registration areas, loading trucks etc... Heavy lifting required</i>	20	8:45AM	10:00 AM