



Volunteer Application Form

The backbone of our race, are our Volunteers. Those hardy souls who direct traffic, man the waterstations, direct the runners, serve up the food, become part of a cheer squad and otherwise slog, tote and laugh together as bonds are formed. We would be utterly pleased to count you in as one of our family of volunteers. Just fill out the form below and send it along to us by email cspp@shaw.ca or call 963-1770, thereafter someone will contact you before race day on September 18th, 2005. WELCOME ABOARD!

Contact Information								
Name Address Postal Code Phone		hm			wk	Age		
Volunteer Opportunities								
Parking Traffic Control Course Sentries Set-up (Venue/Course) Tear-down (Venue/Course)			Catering Entertainment Venue Cheer Squad Registration					
Have you volunteered for a run in the past?								
Yes						No		
If you answered yes to the above question, what position did you hold?								
Do you have any allergies or restrictions of any kind that the Run needs to be made aware?								





