

TRYCHARLESTON

SWIM, BIKE AND RUN
YOUR WAY THROUGH THE LOWCOUNTRY

TRYCHARLESTON.ORG • 843-296-4284

VOLUNTEER!

Saturday, April 30th, 2011

All volunteers receive an event t-shirt, lunch, and the opportunity to work with the only USAT-Certified triathlon in the tri-county area!

Please fill out this form and send to:

Mail: Jean McDowell
1341 North Sherwood Drive
Charleston, SC 29407

Email: jean@trycharleston.org

Phone: (843) 696-7200

How Do You Want To Help?

Please check your volunteer position of choice and circle the time you would like if more than one shift is listed.

- () Packet Pick-Up & Registration (5:00-7:00am Sat., Apr. 30) () Volunteer on the Water (6:00am – 8:30am)
() Answer questions at Information Tent (5:30-10:30am) () Answer questions at Information Tent (10:30am to 3:30pm)
() Transition Area 1 (5:00am to 8:30am) () Transition Area 2 (7:30am-12:30pm)
- Body Marking (Paint Race Numbers on Athletes) - Assist racers in retrieving and putting up bicycles
- Assist racers in removing wetsuits
() Point cyclists in correct direction (6:30am-12:15pm) () Point runners in correct direction (7:00am-11:30am)
or (11:00am-3:30pm)
() Bike Aid Station (6:30am-12:00pm) () Run Aid Station (7:00am-11:30am) or (11:00am-3:30pm)
- Hand Cyclists Gatorade as they pass - Hand Runners Gatorade as they pass
- Clean Area after last cyclist - Clean Area after last runner
Stations each need 10-12 volunteers. This is the perfect choice for groups that would like to volunteer together.
- () Finish Line (8:00am-12:00pm) or (11:30am-3:30pm) () General Clean-Up, Help where Needed (5:00am-10:00am)
- Hand out medals as racers cross finish line or (10:00am-3:00pm)
- Direct athletes to water, Gatorade, medical, etc
- () I am happy to help wherever needed. (5:00-10:00am) or (10:00am-3:00pm)

VOLUNTEERS UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY AN ADULT

Name: _____ Age: _____ Shirt Size: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: (day) _____ (cell) _____