



2012 Volunteer *Sign-Up Form*

Mail to: Kathy Chant
 Volunteer Director – Freihofer's Run For Women
 187 Ormond St., Albany, NY 12208

Name _____

Home Address _____

City, State, Zip _____

Business or Organization _____

Home Phone _____ Work Phone _____ E-mail _____

Shirt Size (circle one) M L XL XXL

Yes, I will be attending the post-race Volunteer Party from 1 p.m. – 4 p.m.

RELEASE: In consideration of the acceptance of my entry, I, on behalf of myself, my heirs, executors, administrators and assignees, hereby release myself and discharge: the Charles Freihofer Baking Company, Inc., State of New York Office of General Services, Albany County, the City of Albany, the Board of Athletics, Adirondack Association Inc., and USA Track & Field and all other sponsors or beneficiaries and their representatives, successors and assignees from any and all claims for damages and causes of action arising from or out of my volunteer participation in the Freihofer's Run For Women. I attest that I am physically fit and that my condition has been verified by a physician. I am aware that the medical support for this event will be volunteer medical personnel who will be prepared to administer first aid only. I hereby grant permission to the Charles Freihofer Baking Co., Inc. and any other sponsors of this event to use all information submitted in this application, and any record of this race containing my likeness, for any purpose whatsoever, including, but not limited to, pre-race publicity. I hereby certify that I have read all terms and conditions of this release and intend to be legally bound thereby.

Signature of participant _____ Date _____

Signature of guardian if under 18 _____ Date _____

RACE PREPARATION SUPPORT LIST *Please check off as many support tasks as you are willing to perform or that reflect your skills.*

- Bib Labeling**
 Week of May 21 - TBD
- Cookie Unloading**
 Fri., June 1, 10 a.m.
- Packet & Chip Pick-Up**
 Fri., June 1, 11 a.m.-2 p.m.
 Fri., June 1, 2 p.m. - 5 p.m.
 Fri., June 1, 5 p.m. - 8 p.m.
 Sat., June 2, 7 a.m. - Noon
 Sat., June 2, Noon - 3 p.m.
- CapitalCare Health & Fitness Expo**
 Fri., June 1, 9 a.m.- Noon
 Fri., June 1, Noon - 3 p.m.
 Fri., June 1, 3 p.m. - 6 p.m.
 Fri., June 1, 6 p.m. - 8 p.m.
 Sat., June 2, 7 a.m. - Noon
 Sat., June 2, Noon - 3 p.m.
- Press Conference**
 Fri., June 1, Noon-3 p.m.
- Equipment Set-Up/Tear-Down**
 Fri., June 1, 9 a.m.- Noon
 Fri., June 1, 1 p.m. - 5 p.m.
 Fri., June 1, 6 p.m.- 9 p.m.
 Sat., June 2, 7 a.m.- 10 a.m.
 Sat., June 2, 1 p.m.- 4 p.m.
- Kids' Run Registration**
 Fri., June 1, Noon-3 p.m.
 Fri., June 1, 2:45 p.m.- 6 p.m.
 Fri., June 1, 5:45 p.m.- 8 p.m.
 Sat., June 2, 10 a.m.- noon
 Sat., June 2, noon - 2:30 p.m.
- Baggage Check**
 Sat., June 2, 8:30 a.m. -11:30 a.m.
- Community Walk**
 Sat., June 2, 10:30 a.m. - 2:30 p.m.
- Course Marshalls/Traffic Control**
 Sat., June 2, 7:30 a.m. - Noon
 Sat., June 2, 11:30 a.m. - 2 p.m.
- Start Line**
 Sat., June 2, 8 a.m. - 10 a.m.
 Sat., June 2, 10:30 a.m. - 12:30 p.m.
- Security Assist**
 Sat., June 2, 6 a.m. - 10 a.m.
 Sat., June 2, 9 a.m. - Noon
 Sat., June 2, Noon - 4 p.m.
- Finish Line**
 Sat., June 2, 8 a.m. -11 a.m.
 Sat., June 2, 11 a.m. -2 p.m.
- Water Station**
 Start/Finish Line,
 Sat., June 2, 8:30 a.m. - Noon
 Course, 8:30 a.m. - Noon
- Awards Ceremony**
 Sat., June 2, 10:30 a.m. - 1 p.m.
- Banners**
 Fri., June 1, 6:30 p.m.-8:30 p.m.
 Sat., June 2, 7:30 a.m. -10 a.m.
- RaceWalk**
 Fri., June 1, 12-4 p.m.,
 4-8 p.m. Packet Pick-up
 Sat., June 2, Water Station
 Sat., June 2, Lapcounter
 Sat., June 2, Finish Line
 Sat., June 2, Course Marshalls
- Refreshments**
 Sat., June 2, 7:30 a.m.-11:30 a.m.
 Sat., June 2, 11:30 a.m. -3:30 p.m.
- Van Drivers**
 Wed., May 30, 3 p.m. - 9 p.m.
 Thurs., May 31, 8 a.m. - 1 p.m.
 Thurs., May 31, 1 p.m. - 5 p.m.
 Fri., June 1, 7 a.m. - Noon
 Fri., June 1, Noon- 4 p.m.
 Fri., June 1, 4 p.m. - 9 p.m.
 Sat., June 2, 8 a.m. -3 p.m.
 Sat., June 2, 4 p.m. -10 p.m.
 No Preference
- Junior 3k**
 Packet Pick-up Fri., June 1, 11 a.m - 2 p.m.
 Packet Pick-up Fri., June 1, 2 p.m - 5 p.m.
 Packet Pick-up Fri., June 1, 5 p.m - 8 p.m.
 Packet Pick-up Sat., June 2, 8 a.m. - Noon
 Medal Distribution
 Sat., June 2, 11:15 a.m. - 12:15 p.m.
 Course Marshal Sat., June 2, 11:00 a.m.