

VOLUNTEER APPLICATION

PART II

Indicate 1st and 2nd choices with "1" or "2".

Pre-Race Volunteers

- ___ July 5, 3 pm – 5:30 pm (collate packets)
- ___ July 6, 3 pm – 5:30 pm (collate packets)
- ___ July 8, 1 pm – 5 pm (setup crew)

Health and Fitness Expo: Saturday, July 9

- ___ 7 am – 11 am (setup/vendor check in)
- ___ 9:30 am – 1 pm (athlete check-in)
- ___ 9:30 am – 1 pm (t-shirt/goodie bag)
- ___ 9:30 am – 1 pm (Fit Zone)
- ___ 11 am – 3 pm (bingo/survey)
- ___ 12:30 pm – 4:30 pm (athlete check-in)
- ___ 12:30 pm – 4:30 pm (t-shirt/goodie bag)
- ___ 12:30 pm – 4:30 pm (Fit Zone)

Race Day: Sunday, July 10

- ___ 5:30 am – 8:30 am (athlete check-in)
- ___ 6 am – 8 am (body marking)
- ___ 6 am – 11 am (run/bike course)
- ___ 6 am – 11 am (transition zone)
- ___ 6 am – 11 am (seawall stairs)
- ___ 6 am – 11 am (signage crew)
- ___ 6:30 am – 11:30 am (hospitality)
- ___ 7 am – 11 am (rover)
- ___ 7 am – Noon (finish line)
- ___ 7 am – Noon (timing crew)
- ___ 7 am – 12:30 pm (water station)
- ___ 7 am – 12:30 pm (t-shirt distribution)
- ___ 10 am – 1 pm (awards ceremony)



DIRECTIONS:

Volunteer Training:

Wednesday, July 6, 6 p.m. – 7:30 p.m.
Carlsbad Senior Center
799 Pine Avenue

From I-5 exit on Carlsbad Village Drive and go west one block. Turn left onto Harding Street. Turn right onto Pine Avenue. The Senior Center will be on the left. Park in the rear lot.

Community Health & Fitness Expo: Saturday, July 9

Southwest corner (by Sears), Westfield Plaza Camino Real
2525 El Camino Real, Carlsbad, CA 92008

Triathlon: Sunday, July 10

From I-5 exit on Tamarack Avenue and go west six blocks to Garfield Street. Turn left or right at the stop sign to find street parking. You will be parking in a residential area and walking one block west to Carlsbad Boulevard (Highway 101). The event will be located along Carlsbad Boulevard, north of Tamarack Avenue. Please be courteous of homes in this area. Do not block driveways. DO NOT park in "no parking" areas or along the railroad tracks or you will be ticketed and towed.



Presented by City of Carlsbad Parks & Recreation Department
Design by City of Carlsbad Parks & Recreation Graphics Department

City of Carlsbad Parks & Recreation Department

2011 Health &
Wellness Weekend

Volunteer Opportunities



The Expo: Saturday, July 9

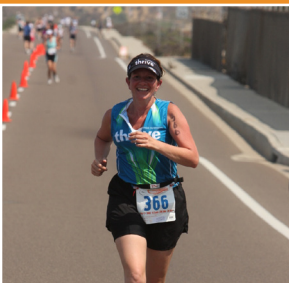
The whole family is invited to participate in the Community Health & Fitness Expo. This event will be held at Westfield Plaza Camino Real from 10 a.m. to 3 p.m. Learn new ways to stay fit and healthy with health oriented seminars, vendors and activities for all ages.

Westfield
Plaza Camino Real



The Race: Sunday, July 10

The Carlsbad Triathlon ranks in the world's top 5 longest running triathlons—this is our 30th year! It is a sprint distance race consisting of a 1K swim, 25K bike and 5K run. The race begins at Tamarack Beach at 8 a.m. and follows the coastline of Carlsbad past scenic beaches, lagoons and wildlife preserves. Our event draws competitors from local first-timers to seasoned competitors from across the nation. Fans may watch from any point along the course.



Photos courtesy of ©ASI

VOLUNTEER JOB DESCRIPTIONS

Athlete Check-in: Register athletes and give out race packets to pre-registrants. Some lifting required.

Awards Ceremony Crew: Setup & cleanup awards, gather participants for ceremony, present awards and answer athlete & spectator questions as needed.

Body Marking: Write race numbers on athletes.

Collate Packets: Assist in putting information and samples in athletes' packages.

Finish Line: Make sure athletes stay in order. Retrieve timing chip and direct to refreshments.

Hospitality/Food Prep: Prepare and serve snacks to the participants after the race.

Run Course/Bike Course: Monitor traffic and explain course and safety to public.

Signage Crew: Assist with making and gathering signs pre-race, hang/take down banners and signs on race day.

Timing Crew: Help athletes with timing by announcing times during the race and at the finish line.

Transition: Help ensure that safety rules are followed while participants change from swimming gear to bike gear to running gear.

Trash Pick-up: Clean up trash. This position involves lots of walking and ability to pick-up and lift trash.

Water Stations: Fill water cups and pass out water to athletes. Report injuries, give support.

VOLUNTEER APPLICATION

For More Information:

Call special events at 760-602-7511
e-mail at Natalie.Alegre@carlsbadca.gov
www.carlsbadtriathlon.com

Mail to: Health & Wellness Weekend Volunteers
Natalie Alegre
3096 Harding St.
Carlsbad, CA 92008

Name: _____

Street: _____

City: _____

State: _____ Zip: _____

Telephone: (____) _____

E-mail: _____

Check box if you would like to be added to our email list.

T-shirt size (circle one): S M L XL XXL

YOUR REWARDS:



Enjoy a light dinner at our volunteer meeting on Wednesday, July 6, from 6 p.m. to 7:30 p.m. at the Carlsbad Senior Center to review assignments and receive instructions.

On race day you'll receive a complimentary tech tee t-shirt and refreshments to show our gratitude

SIGN UP ONLINE OR COMPLETE VOLUNTEER REQUEST FORM ON REVERSE SIDE

detach here