

Presented by



13th Annual arc race 2007



Saturday, September 8th, 2007

Long Branch Park, Liverpool

5k • Half Marathon • Family Fun Walk



Volunteer Information

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What is Arc Race?

Hundreds of runners and walkers from the area and surrounding states are expected to register and participate at Long Branch Park in Liverpool on Saturday, September 8th in one of the three events at Arc Race 2007.

Arc Race benefits the Arc of Onondaga Foundation, which ensures programs for those with developmental disabilities are available right here in our community. Registrations are now being accepted for reduced-rate, early registration fees.



The Arc Race events include:

- The one of the few certified half marathons during autumn in the Northeastern U.S.
- A certified 5k run
- A non-competitive Family Fun Walk suitable for all ages
- A Family Fun Area includes a petting zoo, hot air balloon rides, games and attractions, refreshments and entertainment for everyone.

Volunteering for Arc Race is a great way to support people with developmental disabilities. Your participation in our event helps raise money to ensure quality programs and services them and their families will continue to be available in our community.

Volunteers are needed to ensure that all of these events and all of the event's logistics run smoothly. Over 200 volunteers are required to make Arc Race a success.

Volunteer Opportunities

There is something for everyone at Arc Race. A group of volunteers from a local company or organization can work a water table together on the course providing much needed refreshment to runners. (There are 7 water tables to staff!) Individuals can help in a wide variety of areas, from Family Fun Area or Registration to helping on the course. See the full list on the attached sign-up sheet and check off which areas you are interested in.

Volunteers receive a complimentary Arc Race t-shirt, while supplies last. Be sure to indicate your preferred size on the volunteer form.

You may also register to volunteer online at www.arcon.org.

Arc Race Volunteer Registration Form

Name:

Company/Organization: (if volunteering with one)

Address:

City:

State:

Zip:

Phone:

Email:

Availability: Before Race Day On Race Day Clean-up after Arc Race

Are you a past Arc Race volunteer? Yes No

For what areas are you interested in volunteering? *(check all that apply)*

- | | |
|--|--|
| <input type="checkbox"/> Any As Needed | <input type="checkbox"/> Family Fun Area |
| <input type="checkbox"/> Water Table | <input type="checkbox"/> Volunteer Coordination Area |
| <input type="checkbox"/> Parking | <input type="checkbox"/> Photographer / Videographer |
| <input type="checkbox"/> First Aid or EMS | <input type="checkbox"/> Finish Line "Cheerleader" |
| <input type="checkbox"/> Registration | <input type="checkbox"/> Greeter |
| <input type="checkbox"/> Packet Pick Up | <input type="checkbox"/> Area Coordinator / Committee Member |
| <input type="checkbox"/> Promotion of Arc Race before race day | <input type="checkbox"/> Security |
| <input type="checkbox"/> Set-up morning of event (5am) | <input type="checkbox"/> Family Fun Walk |
| <input type="checkbox"/> Clean-up after event (Noon) | <input type="checkbox"/> Course Spotters |
| <input type="checkbox"/> Lead or Trail Biker on course | <input type="checkbox"/> Other <i>(specify)</i> |
| <input type="checkbox"/> Refreshment Area | |

Additional Information *(check any that apply)*

- I am an Arc of Onondaga staff member
 I am an Arc of Onondaga consumer
 I am under the age of 18

T-Shirt Size: Youth S Youth L S M L XL XXL

Please read and sign:

I agree to hold harmless Arc of Onondaga (Onondaga County Chapter NYSARC, Inc.), the Arc of Onondaga Foundation, the Race Committee, employees, volunteers, sponsors, Syracuse Track Club and Onondaga County from all cost and liability arising out of my participation. I hereby waive all claims for damage or loss to my person or property which may be caused directly or indirectly from my participation and hereby assume liability for any loss, damage or other liability from Arc Race. I give my permission for medical release should I be involved in any accident or health damaging situation or should I require a form of medical treatment. I hereby attest that I am in proper health and physical condition to participate. I hereby grant full permission to use my name and any photographs, videotapes, recordings or any other record of this event for promotional purposes. I have read the above and agree to the terms.

Signature:

(Signature of parent/guardian if a minor)

Return your Volunteer Registration Form to Special Events Coordinator, Gini Gozzi, at 600 South Wilbur Avenue, Syracuse, NY 13204 or fax to (315) 476-7441. You may also complete this form online at www.arcon.org.