

**Nike Women's Fitness Festival
Volunteer Registration Form
Sunday, June 8, 2008
State Capitol, Sacramento**



Thanks for your interest in volunteering for the 2008 Nike Women's Fitness Festival. The women's-only 5 km run and walk is Sunday, June 8 at the State Capitol in Sacramento. As a volunteer, you'll have fun and feel a personal satisfaction in helping runners and walkers achieve their goals and raising funds for WEAVE. You'll receive your volunteer T-shirt when you report to your activity.

To volunteer, please complete and return the form below by mail or fax to Doug Thurston, race director, at the address below. Or, you can E-mail your contact information and activity of interest to raceinfo@ffsac.com.

Volunteer check-in is race day near the West Steps of the State Capitol at 10th and N Streets. Visit the race web site at www.fffac.com for map and parking information.

Volunteer Confirmation: We will try to confirm your activity the week of the race. Even if you don't hear back from us, please report for your task. All volunteers are needed! *Thanks for your help and see you at the race!*

Doug Thurston, Race Director
Fleet Feet Event Management
2311 J Street, Sacramento, CA 95816
Phone (916) 441-1751 • Fax (916) 442-6702
E-mail: raceinfo@ffsac.com • Website: www.wff.fffac.com

Nike Women's Fitness Festival Volunteer Areas and Description of Activities

Race-Day Registration and Packet Pick-Up

Register entrants and distribute shirts and numbers
West Steps, State Capitol, 6:15-8:30 a.m. race day.

Course Monitor

Help keep the runners on course, 7-10:00 a.m.

Split Timer

Provide times for runners at each mile, 7-9:45 a.m.

Fluid Station

Hand out fluids on the course, 7-10:00 a.m.

Finish Line/Timing/Scoring

Process runners after they finish, 7-10:00 a.m.

Post-Race Refreshments

Serve food and fluids after the finish, 7:00-11:00 a.m.

Race Day Fitness Expo

Set-up vendors, maintain area, tear-down, 6:30-11:30 a.m.

Anywhere on Race Day

Fill-in in at any area, as needed, 6:30-11:00 a.m.

Pre-Race Registration and Packet Pick-up

At Fleet Feet Sports, 2311 J St., Sacramento.

Days and shifts are:

- Friday, June 6, 10:00 a.m.-2:30 p.m. or 2:30-7:00 p.m.
- Saturday, June 7, 10:00 a.m.-2:30 p.m. or 2:30-6:30 p.m.

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Nike Women's Fitness Festival Volunteer Registration Form
Race Day is Sunday, June 8, 2008 • State Capitol, Downtown Sacramento
Please return by mail, fax or E-mail indicating the area(s) you want to volunteer. Thanks for your help!

Your Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Day Phone: _____ Eve Phone: _____ Best Time to Call: _____

E-mail Address: _____

Area(s) I'd like to help (if more than one, please indicate preference):

- | | | |
|--|---|--|
| <input type="checkbox"/> Race-Day Registration/Package Pick-Up | <input type="checkbox"/> Race Day Fitness Expo | |
| <input type="checkbox"/> Course Monitor | <input type="checkbox"/> Anywhere on Race Day | |
| <input type="checkbox"/> Split Timer | <input type="checkbox"/> Pre-Race Registration at Fleet Feet, 2311 J St., Sac.--choose shift: | |
| <input type="checkbox"/> Fluid Station | <input type="checkbox"/> Friday, 6/6, 10:30 a.m.-2:30 p.m. | <input type="checkbox"/> Saturday, 6/7, 10:30 a.m.-2:30 p.m. |
| <input type="checkbox"/> Finish Line/Timing/Scoring | <input type="checkbox"/> Friday, 6/6, 2:30 p.m.-7:00 p.m. | <input type="checkbox"/> Saturday, 6/7, 2:30 p.m.-6:30 p.m. |
| <input type="checkbox"/> Post-Race Refreshments | | |

Return form by mail, fax, or e-mail to:

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Fleet Feet Event Management
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Sacramento, CA 95816

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