

## SPHDS FOOTHILL CENTURY - MAY 20, 2007 PARENT VOLUNTEER SIGN-UP SHEET

<b>VOLUNTEER TASKS</b>	<b>SHIFT TIMES</b>
Ambiance: Music/Decorations/Signage (registration, barbecue, rest stops)	Friday (5/18), Sunday (5/20)
Food: Shopping	Tues, Wed, Thurs (5/15, 5/16, 5/17)
Friday Food Prep - May 18	8 am - 12 pm
Friday Food Prep - May 18	12 pm - 4 pm
Friday Marking Course - May 18	11 am - 3 pm
Direct Traffic/Parking Lot	6 am - 8 am
Direct Traffic/Parking Lot	8 am - 10:30 am
Registration/Check-in	6 am - 9 am
Registration/Check-in	8:30 am - 11 am
<b>Rest Stop(s):</b>	
Drive a Truck (or assist) in delivering materials to Rest Stops	5:45 am - 7:30 am
Drive a Truck (or assist) in picking up materials from Rest Stops	11 am - 4 pm (tentative timing)
Coffee Service at Registration	6 am - 10 am
Woodside High Rest Stop	6:45 am - 11 am
Canada Road Rest Stop	7 am - 3 pm
Windy Hill Rest Stop	7:30 am - 2 pm
Juice Stop (Family Fun Ride)	9:45 am - 1 pm
Ham Radio Support	AM/PM/All Day
Course Marshals (Stationed at critical intersections to direct cyclists)	Different Shifts-All Day
SAG support - Drive the route and provide assistance to cyclists	AM/PM/All Day
Bike Sweep/SAG - Riding a bike behind all other cyclists for security	8 am - end of ride
Cyclist Post-Ride Check-in/T-Shirt Distribution	11 am - 4 pm
<b>Barbecue:</b>	
Cooking and Serving	8 am - 12 pm
Cooking and Serving	12 pm - 4 pm
Clean up	3 pm - 6 pm

NAME: \_\_\_\_\_  
 PHONE #: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_

T-SHIRT SIZE (circle one):      Adult S      Adult M      Adult L      Adult XL  
    Youth S      Youth M      Youth L

<b>Choice</b>	<b>Volunteer Task</b>	<b>Shift Times</b>
1st		
2nd		
3rd		

**We are in need of MANY volunteers to make this event successful. Please indicate your 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> choices for assignments and please let us know if you are available for multiple assignments.**

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**Please return this form to Rachel in the SPHDS Office. For questions about volunteer tasks, feel free to call Joyce Arovas, Volunteer Coordinator, at 650-321-2833 after 4 p.m.**