

Manitou Sprint Triathlon – June 13, 2010

Ramsey County Beach, White Bear Lake, MN

Manitou Triathlon Volunteer Registration:

Be the best part of one of the top rated triathlons in Minnesota! The Manitou Triathlon is seeking race volunteers. Help make the Manitou Triathlon a greater success. Every participant is thankful for the work and dedication each volunteer provides to the event. Be a part of it! You are also helping to raise money for community programs and research for non-profit programs. **Thank you.**

Please select areas of interest: *number in () is how many volunteers we need for that area*

Friday: Gear West Bike & Tri

- Packet Pick-up:
3-7pm (4)

Saturday: Race Site

- Packet Pick-up:
10:00am-2:00pm (4)
- Set-up:
6:00-9:30pm (10)

Sunday/Race Day: Race Site

- Body Marking:
5:30am-7:30am (6)
- Timing Chip Distribution:
5:30am-7:30am (3)
- Media/Announcer:
6:00am-1:00pm (1)
- Transition Area:
6:30am-1:00pm (10)
- Water Course Monitor:
7:00am-10:00am (12)
- Bike Course Monitor:
7:00am-12:00pm (25)

Sunday – Continued...

- Certified Lifeguard:
7:00am-1:00pm (15)
- Back-up Timer:
7:30am-1:00pm (6)
- Run Course Monitor:
8:00am-1:00pm (15)
- Aid Stations:
8:00am-1:00pm (4)
- Finish line:
8:30am-1:00pm (6)
- Post Race Clean-up:
1:00pm-3:00pm (10)

There is a mandatory pre-race informational meeting for all volunteers. We will go over duties. Please mark your calendars for **Sunday, June 13th for 5:30 a.m.**; we will meet at the race site, Ramsey County Beach, White Bear Lake (see www.manitoutri.com > [course](#) for map and location).

Please fill out the following registration form; a Manitou Triathlon Team or Team Member will contact you soon. You will receive a future email reminder. If you are a member of a community club, there are areas where a group can volunteer for a donation.

If you have any questions or comments please feel free to contact us:

Dan Cohen: 612-209-1571

OR

Kris Swarthout: 612-396-3801

dan@scsmultisport.com

kris@scsmultisport.com

All information below is required.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone (1): _____ Phone (2): _____
Email: _____ T-shirt size: _____
Comments: _____

Please mail to:

SCS Multisport, Attn: Manitou Volunteer, 6545 Flying Cloud Drive, Eden Prairie, MN 55344