



Get in Gear, Inc. P.O. Box 6727 Minneapolis, MN 55406

GET IN GEAR 2009 VOLUNTEER GROUP REQUEST FORM

Volunteer Group Name: _____

Volunteer Group Contact Name: _____

Phone No.: _____

Email Address: _____

Charitable Organization: _____

Address: _____

Charitable donation to be used for: _____

Terms and conditions for said Volunteer Group:

1. To provide 25 volunteers (preferably up to 30, minimum of 20) for the 2009 GIG events
2. To provide names of all volunteers participating as part of the volunteer group
3. To provide t-shirt sizes for each volunteer
4. To provide liaison to work with GIG office staff once volunteer position has been assigned

Please send this completed form by email to www.getingear@qwestoffice.net

OR by mail to: Get in Gear Inc., P.O. Box 6727, Minneapolis, MN 55406-0727.

After receiving this completed form, the Get in Gear office will evaluate the current status of volunteer group positions available. Volunteer group positions are filled on a first-come, first-served basis with larger volunteer groups receiving higher consideration. The GIG office will contact the Volunteer Group Contact listed above within two (2) weeks of receiving the Volunteer Group Request Form. If your group is selected to volunteer at the 2009 Get in Gear events, a Volunteer Group Agreement Form will be sent to the contact person by email or mail. This form will need to be filled out, signed and returned to the Get in Gear office.

Get in Gear, Inc. will provide the following to said Volunteer Group upon meeting the terms and conditions listed above:

1. T-shirts and post-race food to all volunteers of the volunteer group
2. Charitable donation, up to \$500, will be sent to the charitable organization listed above

The date of the 32nd annual Get in Gear 10K, 5K & 2K and Inaugural Half Marathon is **Saturday, April 25, 2009.**

Thank you for your interest in volunteering at the Get in Gear 2009 events. Your time and support in making the Get in Gear events a success is greatly appreciated.

www.getingear10k.com email: getingear@qwestoffice.net
office: 612-722-9004 fax: 612-722-5414