



**Glens Falls Lions Club**

**PO Box 528**

**Glens Falls, NY 12801**

***Glens Falls Lions Duathlon Volunteer Sign Up Form***

**Set Up: Saturday, October 12, 2013 – SUNY Adirondack North Parking Lot @  
10:00 a.m.**

Name:

Email Address:

Phone:

**Race Day: Sunday, October 13, 2012 – SUNY Adirondack North Parking Lot @  
7:30 a.m.**

Name:

Email Address:

Phone:

**Circle Your Preferred Volunteer Activity:**

- Bike Course
- Run Course
- Transition Area
- Parking
- Refreshments
- Registration
- Water Station
- Wherever I am needed

Volunteer is 18 years of age or older: \_\_\_\_ Yes \_\_\_\_ No

Please return this form to the address listed above. Email any questions or comments to:

[gflionsduathlonvolunteers@yahoo.com](mailto:gflionsduathlonvolunteers@yahoo.com)