



SEEKING VOLUNTEERS FROM WELLINGTON CLUBS

We are calling for Wellington runners to register their interest in being a volunteer for the World Mountain Running Trophy on September 25th and the New Zealand Championships on May 15th.

Note that we will have twice as many marshals as we require so that we can have two shifts. This means, for example, that a volunteer could be a marshal and still run in the Open Race at the World Trophy. Everyone will get free time to watch some of the racing.

A. EVENT DETAILS

NZ Mountain Running Championships 2005

Date: Sunday May 15th
Time involvement: 7am – 12.30pm (first race at 8am)

WMRA World Mountain Running Trophy 2005

Date: Sunday September 25th
Time involvement: 6.30am – 4.30pm (first race at 7.30am)

B. VOLUNTEER BENEFITS

As a volunteer at the World Trophy (and NZ Championships) you will receive:

- Volunteer merchandise provided by adidas (World Trophy only).
- Volunteer thank you party
- We will feed you on race days!
- Letters for cvs (on request)
- Pride in helping deliver a special event.
- A fun day.

C. HOW TO VOLUNTEER

Send an email to arthur@mountainrunning.org.nz with the following details:

- Name
- Email address
- Home address
- Phone number: home and cellphone
- Available for NZ Champs – Yes/No
- Available for World Trophy – Yes/No
- Wish to run in Open Race at World Trophy – Yes/No

For those who do not have email, send above information to Arthur Klap, 226 Evans Bay Parade, Wellington