



Bike MS 2009 - August 15th and 16th Volunteer Registration Form

As a volunteer, you play a key role in organizing, implementing and making the Bike MS event a memorable experience. New Bike MS volunteers receive an official "Join the Movement" t-shirt to wear during the event, and all volunteers receive food and drinks during their shift. Bike volunteers from 2008 should already have their shirt. Volunteers are asked to work in shifts of four hours. Those individuals that work eight hours or more are able to purchase discounted Cedar Point or Soak City tickets. To register, follow these four easy steps:

1. Read the enclosed description of the volunteer opportunities.
2. **Read and complete the waiver on the back of this form.**
3. Select the positions that interest you and indicate your selection.
(Positions will be given on a first come first serve basis.)
4. Send in the completed form (both sides) to:

National Multiple Sclerosis Society
Attn: Bike Volunteer
6155 Rockside Road, Suite 202
Independence, OH 44131

Or Fax: (216) 696-2817

I would like to volunteer (please circle each):

Friday- Berea Saturday - Berea Sunday – Berea Saturday – Sandusky Sunday – Sandusky
Saturday – Oberlin Sunday –Oberlin

Total number of hours I would like to volunteer: _____ hours

B = Berea, S=Sandusky, O = Oberlin (please circle your choice) ↓

Preference #1 Position: _____ Day _____ B / S / O Shift _____
 Preference #2 Position _____ Day _____ B / S / O Shift _____
 Preference #3 Position _____ Day _____ B / S / O Shift _____
 Preference #4 Position _____ Day _____ B / S / O Shift _____
 Preference #5 Position _____ Day _____ B / S / O Shift _____

Are you a notary public and would be willing to assist with Saturday morning check-in? _____

Bike MS Volunteer Training

TBD

For those volunteering as HAM radio operators, medical personnel, or truck drivers, you will have a separate training for which you will be contacted individually.

**Please carefully read and sign this release form.
A signed waiver must be on file to volunteer for the Bike MS event.**

GENERAL WAIVER AND FULL RELEASE

With respect to the Bike MS event with the National Multiple Sclerosis Society ("NMSS") Ohio Buckeye Chapter, for consideration of participation, I freely accept and voluntarily assume the risks of personal injury or property damage that may result from this potentially hazardous activity.

I further agree to waive and release from all claims and liabilities of any kind arising out of my participation and agree to hold harmless the National MS Society, corporate sponsors, cooperating organizations and all parties connected with this event from any liability as a result of my participation.

I will permit emergency treatment in the event of an injury or illness while participating and give permission to use my image and photo taken during the event in any promotional material, publication, or on the website.

I do agree and accept full responsibility to obey the traffic and rules of safety for the event and understand that the National Multiple Sclerosis Society withholds the right to dismiss anyone that may cause disturbance during this event or disregard the rules with respect to safety.

I certify that I have read and understand the intent of this waiver and release.

(please print clearly)

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Home Phone: _____ Work Phone: _____

Email: _____

Date of Birth: _____ T-shirt size: S M L XL XXL

Emergency Contact: _____ Phone: _____

Signature: _____ Date: _____

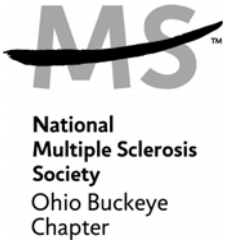
***If volunteer is under 17 years of age, this release must be notarized.**

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

*Notary Signature: _____ Date: _____

***We MUST have a waiver for each volunteer before we can distribute
a t-shirt, meal ticket or Cedar Point order form.***

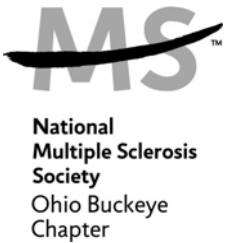


Bike MS 2009

Volunteer Descriptions and Responsibilities

Event Set-up	<u>Berea (Friday)</u> Aids with set-up such as tables, chairs, signs, food, trash barrels, supplies, etc.
Event Clean-up	<u>Sandusky (Sunday AM)/Berea (Sunday PM)</u> Aids with clean-up such as trash removal, folding tables, stacking chairs, tearing down tents, redistributing and reloading leftover supplies into trucks, etc.
Rider Check-in	<u>Berea (Saturday AM)</u> Collect rider contribution envelopes. Find rider packet (number, luggage tags, etc.) from file, hand out t-shirt voucher, and direct riders to the t-shirt trucks and start line. <u>Sandusky (Saturday PM)</u> Check in riders as they come into Sandusky High School. Give riders their overnight information and direct them to the accommodations in Sandusky. <u>Berea (Sunday PM)</u> Check in riders as they arrive at Polaris Career Center. Distribute completion certificates.
Food Serving	<u>Sandusky (Saturday PM, Sunday AM)/Berea (Sunday PM)</u> Monitor food line, serve food and beverages to riders and volunteers, replenish supplies as needed, and keep area clean of trash and debris.
Parking	<u>Berea (Saturday AM)</u> Direct participants and volunteers to appropriate parking lots. Will also assist with making sure cyclists retrieve the correct bike from offsite parking.
Finish Line	<u>Berea (Sunday)</u> Cheer on the incoming riders! Responsible for welcoming the riders and making them feel special having completed the ride.
Luggage Loading & Unloading	<u>Berea (Saturday AM, Sunday AM)/Sandusky (Saturday AM, Sunday AM)</u> Help riders affix luggage tags to sleeping bags, tents, and personal belongings. Load luggage into the appropriate truck. Unload and arrange luggage for convenient rider pick-up.
Lunch	<u>Oberlin (Saturday and Sunday)</u> Help prepare and serve lunch to riders, replenish supplies as needed and keep area clean of trash and debris.
Floater	Fill in for any positions in Berea or Sandusky as relief for the assigned volunteers. This position will be assigned by a staff member.





Bike MS 2009

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Support and Gear (SAG) Driver

Drivers use own van, truck, etc. to patrol the route. Respond to requests from safety personnel and Gold Wing riders for rider pick-up. Transport riders and bikes to nearest rest stop, medical station or bike repair location. Maintain radio communications with safety and support personnel. Must have a valid driver's license and proof of auto insurance.

Truck Driver

Must have a valid driver's license and proof of auto insurance and should be able to drive both days of the tour. Transport food and other items to assigned rest stop, help set-up and tear down, and stay until the rest stop closes. Return truck to the overnight and final destination. Help unload, redistribute and reload trucks on Saturday and Sunday evenings.

Rest Stops

Help setup and teardown assigned rest stop. Must stay until the rest stop closes. Re-stock food and water as needed. Maintain communication contact with safety personnel and SAG drivers.

Medical Personnel

Provide first aid and first response services under the direction of the safety coordinator. Medical Personnel must possess a valid CPR certificate and be certified as a FR, EMT-B, EMT-I, EMT-P, RN, LPN, PA or MD.

HAM Radio Operator

Provide communications to aid in the safety and welfare of all participants. Volunteers should have their own radio equipment with enough backup batteries to last the entire day.

Gold Wing Rider

Rider uses own motorcycle to patrol the route. Maintain radio communications with safety and support personnel. Must have a valid driver's license and proof of insurance.

