



**RACE ASSISTANCE**  
**THIS SECTION MUST BE COMPLETED**

The WAMC is a running club organised **by runners for runners**. It is expected that all members (except those who live more than 100 km from Perth) will assist the Club on race day **at least twice each year**. Examine the race programme below and indicate by placing a tick against at least two races when you are willing to help. Teenage and adult family members are also invited to assist.

**Please note on your programme when you have volunteered to help.**  
Race directors need your help to organise efficient and safe races.

**If you are willing to help at more than the races nominated below, please tick this box.**

Race No.	Tick Box	Date of Race	Race Name
1		04.01.09	Burswood Twilight 5km
2		18.01.09	Ex Christ Church Run
4		08.02.09	Vets Friendship Run
6		15.02.09	Matilda Bay Runs 10 & 4km
8		22.02.09	Point Walter 16 & 5km
10		01.03.09	Swan Twilight
11		08.03.09	Neil Hawkins Park 10 & 5km
13		15.03.09	Bold Park Cross Country
15		22.03.09	Darlington Half Marathon & 8km
17		29.03.09	John Forrest Cross Country
19		05.04.09	ASICS BRIDGES FUN RUN
21		13.04.09	Mt Helena 40 miler & Relay (Easter Monday)
23		26.04.09	Perth 32km & 10km
25		24.05.09	CHALLENGE FUN RUN
27		07.06.09	Lake Monger 10km & 3km
29		21.06.09	PERTH HALF MARATHON & 5km
31		28.06.09	Cottesloe Cup
33		05.07.09	6PR PERTH MARATHON & Relay

Race No.	Tick Box	Date of Race	Race Name
34		19.07.09	King of the Mountain
36		26.07.09	ASICS RUN for GOLD FUN RUN
37		09.08.09	WOMEN'S CLASSIC FUN RUN
39		16.08.09	Lake Joondalup 5 & 10km
42		23.08.09	Wally Cairns, 15km, 10km, 5km
44		06.09.09	Pancake Run
46		13.09.09	Lake Gwelup 10km & 5km
48		20.09.09	FREMANTLE HALF MARATHON & 5km
50		04.10.09	FREMANTLE FUN RUN
52		11.10.09	One Hour & Half Hour
54		18.10.09	BROOKS ROTTNESST MARATHON
57		30.10.09	John Gilmour 10km Track
59		08.11.09	Founders
61		15.11.09	Peninsula Run
63		29.11.09	Deepwater Point Run
65		13.12.09	City Beach Run
67		26.12.09	Parlouf Relay
68		31.12.09	Mizuno New Years Eve Run

IF YOU ARE ABLE TO HELP AT MORE THAN 2 EVENTS PLEASE CONSIDER TICKING THE ASICS BRIDGES FUN RUN  
(Our largest event requiring the most helpers).

Races conducted by the WAMC are organised by a race director appointed by the WAMC Committee. Many of these race directors have organised races for many years. The Committee is always looking for persons willing to take on the responsibility for organising a race. The best way to gain the knowledge and experience to become a race director is to understudy one of the existing race directors.

If you are willing to take on the challenge of becoming a race director or deputy race director please tick the box below and someone from the Committee will contact you.

I am interested in being: a Race Director

a Deputy Race Director