



## 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.**

PLEASE DON'T TICK BOXES OF EVENTS THAT HAVE ALREADY HAPPENED

Race No.	Tick Box	Date of Race	Race Name
1		10.01.10	Ex Christ Church Run
2		17.01.10	Burswood Twilight 5km
4		24.01.10	Matilda Bay Runs 10 & 4km
6		31.01.10	Bold Park Cross Country
8		07.02.10	Vets Friendship Run
10		14.02.10	Point Walter 16 & 5km
11		21.02.10	John Forrest Cross Country
13		07.03.10	Swan Twilight 5km
15		14.03.10	Darlington Half Marathon & 8km
17		21.03.10	Neil Hawkins Park 10 & 5km
19		<b>28.03.10</b>	<b>ASICS BRIDGES FUN RUN</b>
21		05.04.10	Mt Helena 40 miler & Relay (Monday)
23		26.04.10	Perth 32km & 10km
25		<b>30.05.10</b>	<b>CHALLENGE FUN RUN</b>
27		13.06.10	Lake Monger 10km & 3km
29		<b>20.06.10</b>	<b>PERTH MARATHON &amp; Relay</b>
31		27.06.10	King of the Mountain
33		<b>04.07.10</b>	<b>WOMEN'S CLASSIC FUN RUN</b>

Race No.	Tick Box	Date of Race	Race Name
34		11.07.10	Wally Cairns, 15km, 10km, 5km
36		18.07.10	Lake Joondalup 5 & 10km
37		<b>25.07.10</b>	<b>ASICS RUN for GOLD FUN RUN</b>
39		<b>08.08.10</b>	<b>PERTH HALF MARATHON &amp; 5km</b>
42		15.08.10	Cottesloe Cup
44		22.08.10	Pancake Run
46		05.09.10	Lake Gwelup 10km & 5km
48		<b>12.09.10</b>	<b>FREMANTLE FUN RUN</b>
50		<b>03.10.10</b>	<b>FREMANTLE HALF MARATHON &amp; 5km</b>
52		10.10.10	One Hour & Half Hour
54		<b>24.10.10</b>	<b>BROOKS ROTTNESST MARATHON</b>
57		05.11.10	John Gilmour 10km Track
59		21.11.10	Peninsula Run
61		28.11.10	Deepwater Point Run
63		05.12.10	Founders
65		19.12.10	City Beach Run
67		26.12.10	Parlouf Relay
68		31.12.10	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

Deputy Race Director