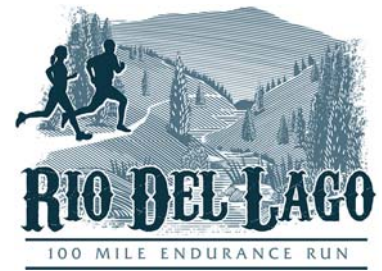




**Rio Del Lago 100  
Volunteer Service Form**



Each Rio Del Lago 100 runner is required to volunteer a minimum of 6 hours of service towards trail maintenance, or a race event (trail or road) between January 1, 2019 and October 1, 2019 as a condition for participation at the 2019 event.

Participant Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Service Hours performed (Minimum of 6 hours required): \_\_\_\_\_

Date & Location of Service: \_\_\_\_\_

Type of service (trail work, trail and/or road running event volunteer):  
\_\_\_\_\_

**Certification by Event/Race Director, Park Official, Coordinator**

Name and Title: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Completed forms should be **emailed** to: Terry Kalb at [terry@norcalultras.com](mailto:terry@norcalultras.com)

Forms **must** be received by October 30, 2019. For additional information contact:  
[terry@norcalultras.com](mailto:terry@norcalultras.com)

*Email us a photo of you volunteering for our website & we will knock your requirement down to 5.5 hours!)*