

5th Annual IronBruin Triathlon • Sunday March 8, 2009

CALLING VOLUNTEERS

THE UCLA IRONBRUIN TRIATHLON

- What:** A sprint-distance triathlon
Who: 500 competitors, 1000 spectators
Where: The UCLA Campus in Westwood
When: Sunday, March 8, 2009
Why: Promote a healthy lifestyle and the sport of triathlon
Benefits: A portion of proceeds will go to Cheerful Helpers
How: With your help!

ABOUT UCLA TRIATHLON

The UCLA Triathlon Team is student-run organization and an official club sport of the UCLA Recreation Department. In addition to a structured coached program for students, UCLA Triathlon also provides coaching and a team atmosphere for staff, faculty, alumni, and community members. Visit www.triathlon.ucla.edu for more info.

ABOUT CHEERFUL HELPERS

Established in 1958, the Cheerful Helpers Child and Family Study Center offers services to families with young children, ages 2-6, who are having difficulties with language development, motor-planning, self-regulation and socialization, in family oriented intervention programs.

These relationship-based programs are for children with high-functioning autism, aspergers, attachment disorders, developmental delays, and processing, learning and emotional difficulties.

Check out www.CheerfulHelpers.org

WHAT YOU GET

- Light breakfast, served at 6am
- Goodie bag with free schwag from event sponsors
- Newly designed and branded "Support Crew" event T-shirt
- A fun and much appreciated opportunity for community service
- Witness an exciting event that's only held once a year!

TWO SHIFTS

- Session 1 – Pre & During Race – 6am-9am
- Session 2 – During & Post Race - 9am-12pm

PLACEMENT AREAS

- Registration
- Course Marking
- Directing Participants before & after race
- Course sweeping
- Event clean-up and breakdown

CONTACT

When responding please tell us which shift you are signing up for.

Kendall Starkman
Volunteer Coordinator
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Visit www.IronBruin.com for more information.

a bruin triathlete on the bike course in the 2008 UCLA IronBruin Triathlon

