



bike to
create a world
free of MS

Join The Movement

2010 Volunteer Opportunities

Tampa Office

April 19-23

Packet stuffing 10 a.m.- 5 p.m.

Tampa Office

May 5

Packet Pick-up 3-6 p.m.

Maitland Office

May 7

Packet Pick-Up 3-6 p.m.

Maitland Office

May 10-14- exact date/time TBA

Supply Pick Up

Packing Boxes

Loading Trucks

Bok Tower-

Thursday, May 13

Set up 10 a.m.- 5 p.m.

Friday, May 14

Set Up 10 a.m.- 3 p.m.

Registration 4-9 p.m.

Route Support:

Nurses/EMT personnel, SAG

Drivers & Supply Truck Driver

volunteers are needed throughout the course between 6:00 a.m. and 5:00 p.m. SAG drivers must have their own vehicles, provide proof of insurance. SAG drivers and Supply Truck Drivers must undergo a background check.

Bok Tower- Winter Haven

Saturday, May 15

Rider Support

4:30-9 am

Duties Include:

Volunteer Check-in

Rider Registration

Registration tear down

Site Support

Duties Include:

Set Up/Decorating **4:30-9 am**

Breakfast Tent

Parking Attendant

Luggage

Clean-up

Sunday, May 16

Site Support

8 am- 5 pm

Duties Include:

Set Up/Decorating

Luggage

Food Tent

Clean Up

Rider Support:

Duties Include:

Volunteer Check-in

Medals

Cheerleaders

VIB Tent

Caribe Royal- Orlando

Saturday, May 15

Rider Support

8 am- 5 pm

Duties Include:

**3 hour shifts available*

Volunteer Check-in

Rider Check-in

VIB Tent

Cheerleaders

Team Village

10 am- 5 pm

**3 hour shifts available*

Site Support

Duties Include:

8 am- 6 pm

**3 hour shifts available*

Set Up/Decorating

Luggage

Food Tent

Clean-up

Dinner Set Up

4:30- 7:30 pm

Wristband Sales

Sunday, May 16

Site Support

Duties Include:

5 a.m.- 11 a.m.

Rider Check-in

Luggage Loading

Clean Up

Register to volunteer for Bike MS- Citrus Tour!!

NEW THIS YEAR- ONLINE REGISTRATION! To register, visit our website at nationalMSSociety.org/flc and click on the bike MS logo.

Once you've registered, our volunteer coordinator will follow up with you to get additional information and complete your registration. In addition, your online registration will also allow you to fundraise and set up your own participant center. Just another way to move toward a world free of MS.

If you have any questions, please contact Doris Lill at 813-889-8363 or via email at Doris.Lill@nmss.org



bikeMS– The Citrus Ride Volunteer Waiver

Name _____ Address _____

City _____ State _____ Zip Code _____ E-mail address _____

Phone (Home) _____ (Work) _____

Volunteer Organization (if applicable) _____

Preferred Duty/Assignments _____

Site: ___ Caribe Royale ___ Bok Tower

Waiver of Responsibility:

I, for myself, executors, administrators, and assigns, release and discharge the National Multiple Sclerosis Society (NMSS), its employees, volunteer assistants and all sponsoring businesses and organizations from all claims of damages, demands, actions and causes of action whatsoever, in any manner arising from or growing out of my participation in bikeMS. I grant full permission for organizers to use photographs of me and quotations from me for promotions of this event. I understand that the NMSS maintains the right to refuse cyclists participation or volunteer services and will dismiss anyone who, in the opinion of the NMSS, may cause any disturbances or hindrances in any manner which could jeopardize the safety and/or success of bikeMS.

Signature _____ Date _____

In case of emergency, please contact:

Name _____ Telephone _____