



Volunteering at local events

A vital part of the club is offering assistance and support, volunteering at local events. As indicated in the membership contract, we ask that each club member volunteer a certain amount of time during the season.

Assisting with local Triathlon, Duathlon and Kids of Steel races are just one of the many options for volunteering this season.

Volunteer duties can consist off: race registration, water stations, food stations, transition areas and whatever jobs the organizers need help with.

We will need:

- A team leader to assist in the coordination of club member volunteers for each
- Please indicate which race you would like to volunteer your time

Contact chicks@cyclefit.ca

Date	Race	Location	Organization
TRIATHLON & DUATHLON races			
e-mail : info@somersault.ca Terry snail-mail : Somersault Promotions, 411 Lefebvre Way Ottawa, Ontario K1E 2W5			
May 22	Early Bird	Carlton University, Ottawa	Somersault
June 12	River Keeper	Ottawa, ON	
July 31	National Capital Tri	Ottawa, ON	
Sept 5	Canadian Iron 226 TRI	Ottawa, ON	Somersault
KIDS OF STEEL			
http://www.ottawakidstri.ca/ Race Series Director : John Balint 613-824-6940 613-867-6941(cell) info@ottawakidstri.ca julia@pbest.ca			
Date	Race	Location	
June 20	PSP Canadian Forces Uplands Kids Tri	Uplands Dr, Ottawa	
July 17	Mooney's Bay Kids Tri	Mooney's bay	

Aug 15	Westboro	Westboro	
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