VOLUNTEER FORM

This is the volunteer sheet for the Foresthill (Silver State Striders) Aid Station Entry into the Western States 100 for the 2021 race year.

Criteria for qualification for Silver State Striders' Western States 100M slot:

1. Must compile 25 hours of volunteer duty during 2020 at a combination of the following events (no other volunteering at other events counts):
    - Silver State 50/50 (course marking, packet pick up, trailer loading/unloading all count towards hours in addition to aid station work- pacing during the event does not count toward volunteer hours)
    - The Canyons Endurance Runs (must work "The Pump" aid station)
    - Foresthill aid station at Western States
    - Tunnel Creek aid station at Tahoe Rim Trail 100 (must work 7pm-11am Strider shift and pacing during the event does not count toward volunteer hours)
    - "Strider Cleanup Days" at the Strider Trailer at Crystal Ice Facility
2. Must qualify and be registered for lottery of Western States 100-Mile Endurance Run

Volunteer's Name:_____

Race or Activity	Date	Hours Worked	AS Captain Signature