



Training For Life, One Step At A Time

Name: _____

Address: _____

Email: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Is this your first season with SRO? Yes No (circle one)

If no, what other seasons have you participated in? _____

How did you hear about SRO? _____

What are your expectations of your volunteer experience with SRO? _____

Volunteer Availability

Volunteers run on Saturday or sometimes Sunday mornings with the students. The time spent during the weekend runs increase as the season progresses: 2 hours beginning of season, 4 hours mid-season, 6-7 hours end of season. We expect volunteers to dedicate an average of two weekend mornings a month.

How Do You Intend to Participate with SRO During the Weekend Runs? (Check all that apply)

- Run With Students
- Water-stop Support

SRO also needs your support in other areas of the Organization.

Please let us know what additional skills you have to bring to SRO. (Check all that apply)

- Administrative
- Office Support
- Data Entry
- Project Management
- Accounting, Bookkeeping, Finance
- Experience with Non-profits
- Press, Public Relations, Writing
- Health (Doctor, Nurse Therapist, Nutrition)
- Social work
- Own a business or have connections with business-owners that could be useful to SRO?
- Promoting SRO &/or Sending Solicitation Letters to Family & Friends, Workplace, Community
- Speak Multiple Languages? Which Languages _____
- Other _____
- Education, Tutoring, Mentoring
- Teaching Clinics
- Sport Related Skills (Coach, Yoga, Pilates, Other)
- Printing, Graphic Design
- Website Management
- Food, Catering
- Fundraising
- Grant-writing
- Event Planning

Volunteer Activities / Clinics

SRO is planning to provide Activities/Clinics for Volunteers. Please identify which you are interested in:

- CPR / First Aid Training
- Running Clinic
- Mentoring Clinic
- Nutrition Clinic
- Sports Medicine / Injury Prevention Clinic
- Weekend Captain Update Meeting (Monthly)
- Exec. Director Update Meeting (Monthly)
- Volunteer Potluck / Gathering

Other _____

Mentoring Experience

The following questions will help us provide the support you may need to mentor the SRO students.

- Have you ever volunteered with teenagers?
- Have you, or are you currently involved with other non-profits as a volunteer or in your profession?

Running Experience

The following questions will enable SRO to ensure that you will receive adequate training to be fully prepared to run the marathon with the students.

Runner Level

- Never Run Before
- Novice
- Intermediate
- Advanced / Competitive

Have you ever run a marathon before and if so how many? Yes __, I have run ____ marathons. No ____

Would you find it useful to receive a training schedule that you could follow on your own during the week?

- Yes
- No

Optional

The following questions are valuable for the grant writing process to better describe the constituency of SRO Volunteers.

Age: _____ Ethnicity: _____
 Gender: Male Female (circle one)
 Birth date: Month _____ Day _____ Year _____ Current Age: _____
 Profession: _____

Education level (Check all that apply)

- High School
- Bachelors
- Master
- PhD
- Other: _____

Miscellaneous

Please provide any additional comments / suggestions to improve the SRO Volunteer experience.
