



HELLO IRONMAN 2009 VOLUNTEERS!

Welcome to Ironman 2009! We are excited to be celebrating our 43st year! This year's ride is **Sunday, April 26th**. We again start & finish at Lakeville North High School. Your volunteer support is needed once again! Help us make this ride memorable for both riders and volunteers! I couldn't do my job without *YOU!*

Please use **Volunteer Position Reply Form** enclosed to indicate a first and second choice for your volunteer duty.

Please Note: People selecting Sag Co-Pilots & Road Medics must be First-Aid Certified.

To ensure your first choice, respond early! As a volunteer you will receive a FREE short sleeve T-shirt or a long sleeve T-shirt for \$5.00. Please indicate your T-shirt selection and size on the volunteer form.

****New this year:** Rider registration form is not included in this packet. It will be sent separately. If you would like to order merchandise in addition to your free t-shirt, please use the order form in the Ride Guide. Registration forms will also be available at the HI office or any bike shop.

****New 65 & 100** mile route. We are dropping Belle Plaine & Northfield Rest Stops and have added a rest stop in LeSueur.

We will have our **Ironman Volunteer Appreciation Banquet** on **Thursday, April 30, 2009** ~ at the **Summit Brewery** in St. Paul. (Look for details in your confirmation packet, mid April)

I especially extend a sincere welcome to first-time Ironman volunteers **and** look forward to working again with all of you seasoned veterans. I would be glad to answer any questions you may have about the event. I truly appreciate and thank you for the support that you have given to the **IRONMAN** over the years. **Your enthusiasm is phenomenal and contagious!** It's a pleasure working with you!

Be so Fine! Keep in mind~do that Ironman in 2009

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