

Annual MHAS Fun Run Race Day Volunteers



Volunteer Opportunities:

- ▶ **RACE PACKAGE PICK-UP** – *Saturday, May 5 (12-5pm)*. Provide race packages to walkers/runners at our Fun Run Registration & Package Pickup venue, plus assist with taking last minute registrations. Our venue is located at Calder Centre; 2003 Arlington Avenue
- ▶ **COURSE SET UP** – *Sunday, May 6 (7am-8am)*. You'll be setting up pylons, marker flags, signs/banners, and water stations along route on the morning of the race and the Start/Finish area.
- ▶ **WATER/AID STATIONS** – *Sunday, May 6 (9am-1pm)*. We will need you there to hand out water and Gatorade to runners/walkers as they pass your station and at the finish line – all the while cheering them on!
- ▶ **MEDICAL/FIRST AID RESPONDERS** – *Sunday, May 6 (8am-1pm)*. If you know first aid – we need you!! We are looking for volunteer who are certified in First Aid to be present at different race points on race day. Proof of credentials will be required to help out in this area. Please email or fax a copy of your certification.
- ▶ **ROAD MARSHALS** – *Sunday, May 6 (9am-1pm)*. You will be along the route to ensure that it is clear for the runners & walkers participating in the event and to ensure they are going the correct way! Make sure you cheer loud as they go by!
- ▶ **CYCLIST NAVIGATORS** – *Sunday, May 6 (9am-1pm)*. Help keep our walkers and runners stay on track. Please specify if you are volunteering for the 2K, 5K, or 10K distance by e-mailing us!
- ▶ **START & FINISH LINE** – *Sunday, May 6 (9am-1pm)*. Assist the runners and walkers to get ready and line up at the starting line and guide them as they approach the finish line.
- ▶ **FOOD TENT** – *Sunday, May 6 (8am-1pm)*. We'll need volunteers to help prepare & set up the food before the event for pre-event nutrition and help hand out the food to all the participants after they cross the finish line.
- ▶ **GEAR & INFORMATION TENT** – *Sunday, May 6 (8am-1pm)*. Assist participants with any questions they have or directions they require. Store and retrieve participant belongings while they are running/walking.
- ▶ **CLEAN UP CREW** – *Sunday, May 6 (10am-2pm)*. We want to leave everything as we found it! We need you to help with dismantling and general clean up.
- ▶ **COURSE TAKE DOWN & CLEAN UP** – *Sunday, May 6 (10am-2pm)*. Help pick up equipment (tables, pylons, marker flags and signs/banners) and garbage from along the route and return it to the Start/Finish line.
- ▶ **STAFF ASSIGNMENT** – For insurance purposes; *date and times vary according to your specified duty!* Please contact Caroline by e-mail with any questions.