



Calling All Volunteers!

Please join us as a volunteer to line our course and cheer on our participants! Volunteers will be needed starting at 7:30am on the day of the event and are stationed at various places along the course until about 9:45am, when the last participants come through. Additional volunteers will be needed for the post-race activities until 12 pm.

Volunteering is even more fun when shared with a friend or family member, so pairs of volunteers are welcome! Children are also welcome to volunteer, as long as they are accompanied by an adult.

Listed below are the types of volunteers needed. If you would like to help with this event, please send an email to rossnh@msn.com and include your contact information and t-shirt size (Men's sizes S,M,L and XL and Women's sizes S,M and L).

- ⌚ Water volunteers
 - For runners/walkers on the course
 - Finish Line water volunteers (walkers/runners alike)
 - Handing paper cups of waters to runners and walkers at a water station along the course
- ⌚ Race registration volunteers (check-in runners/walkers)
- ⌚ Traffic/ cheerleader volunteers (stay at the edge of the course to cheer others and keep people on course)
- ⌚ Set-up volunteers
- ⌚ Clean up volunteers
- ⌚ Food volunteers (help maintain this area before and after the race)

We will use any and all volunteers no matter how many wish to participate.