

Parkinson's Steady Strides 5K Race

Saturday, June1, 2019

Race-day Volunteer Positions

- **Race-day event set-up and tear-down (Friday afternoon before race-day and/or race-day)**
 - ✓ Need 12 people
 - ✓ Some moderate lifting, e.g. tables, tents, etc.
 - ✓ Description: Work with the Site Coordinator and Race Director to set up the site, e.g. hang banners, set up tents, position tables, chairs, etc.

- **Parking**
 - ✓ Need 10 people
 - ✓ Standing job
 - ✓ Description: Work with Parking Committee members to efficiently and safely direct people in the parking lots the morning of the race. Help direct race participants toward the event entrance and starting line.

- **Packet Pick-up**
 - ✓ Need 6 people
 - ✓ Sitting and standing jobs
 - ✓ Description: Hand out previously prepared race packets for participants as they arrive to claim their race number and shirt. Volunteers will either work the window to check-in participants or assist by selecting shirts for the packets.

- **Race Course Assistance**
 - ✓ Need 20 people
 - ✓ Standing job (approximately 2 hours)
 - ✓ Description:
 - Direct runners and walkers, keeping them on course using voice and hand signals.
 - Assist people pushing wheel chairs or strollers where there are challenging sections of the course.
 - In some cases, walk the course with people who need assistance, e.g., pushing a wheel chair.
 - Be a cheer leader as runners and walkers pass your station.

- **Race Course Water Stations**
 - ✓ Need 12 (6/station)
 - ✓ Standing job (approximately 2 hours)
 - ✓ Description: Fill cups and hand to runners and walkers. Pick-up cups after runners/walkers pass.

➤ **Finish Line Crew**

- ✓ Need 5
- ✓ Standing job
- ✓ Description: Hand water to runners/walkers as they cross the finish line. Be outgoing and cheer runners/walkers as they cross the finish line.

➤ **Food Stations & PSW Booths**

- ✓ Need 8
- ✓ Standing job
- ✓ Description: Help set up and monitor the food court assisting vendors (those who donate food) and PSW booths as needed. Heavy lifting is not required.