**Volunteer Opportunities**

**Pre-Event**

* Bag Stuffing – Week before: prep registration “swag bags”
* Pre-Race Work Days – Saturday(s) in September:
  + hand out flyers to area homeowners
  + finish and start line prep work
* Pre-Race Course Safety/Clean-up – Week before:
  + filling in holes,
  + marking the course with spray paint
* Expo Assistance – Friday registration/packet pick-up, information tables, etc.
* Runner hospitality – Friday night : Pasta feed

**Day of Race**

* Finish area: handing out water, food, and heat sheets to runners, directing traffic toward amphitheater, setting up tables, tents, etc.
* Full & Half Start Area: directing runners, turning away traffic, picking up gear, etc.
* Awards Ceremony: help encourage runners to stay around, directing volunteers to Five Rocks for awards ceremony & band, keep track of awards and prize money
* Course clean-up: make sure there aren’t any trash, water cups, etc. along the route, especially the Monument area
* Finish area clean-up: taking down tents, loading up gear, etc.
* Select aid stations: staffing those along the route that aren’t manned by the sponsors
* Spirit Stations: signs, costumes, music, etc.
* CERT volunteers
* Bike Marshals: volunteers on bikes that help direct the runners and spectators
* SAG vehicles and pick-up: Vehicles following final runner in each race picking up signs and gear shed by runners along the course, bringing it to the finish line for distribution
* Parking Marshals: direct traffic into designated parking area at Five Rocks Amphitheater
* Course Marshals: individuals at certain intersections that direct runners, cheer them on, and help to keep things in order along the way, assigned to a specific area ad time