



## Volunteer for the 5K Race For Freedom September 5, 2009

Volunteers help us fulfill our mission. Volunteer opportunities are listed below.

*Please note that Race Day volunteers cannot walk or run during the race.* Thanks for your support!  
Please sign up at our website [www.5kraceforfreedom.org](http://www.5kraceforfreedom.org) or mail this form to 6412 Manzanita Drive, Macungie, PA 18062.  
Also feel free to contact us at [info@5kraceforfreedom.org](mailto:info@5kraceforfreedom.org).

### Volunteer Sign-up

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Best time to call: day or evening

Email: \_\_\_\_\_ Best Way to Reach: phone or email

Volunteer Opportunity Desired (select from below): \_\_\_\_\_

#### Walker/Runner Registration

On the morning of the event volunteers are needed to process Race Day registration. Responsibilities include handling money, bib assignment, and line management. This is an incredibly important position as the smoothness of the Race depends on these volunteers arriving and being on time. **Commitment: 7:00 a.m. to approximately 8:30a.m.**

#### Race Day Packet Pick-Up

On the morning of the event, volunteers are needed to pass out race packets. Volunteers should be able to handle questions and a flurry of activity simultaneously. **Time Commitment: 7:00 a.m. to approximately 8:30a.m.**

#### Race Start/Finish Line

Volunteers are needed to organize runners walkers at the Race start and for crowd control. Volunteers are needed to keep moving racers after crossing the finish line. Specific instructions will be given on event day. Jobs are simple bit important. Emphasis will be placed on working quickly and efficiently in a crowded area. Race Start/Fininsh Line volunteers stand for their shifts. Weather-friendly attire and sunscreen should be worn. **Time Commitment: 7:30a.m. to approximately 11a. m.**

#### Race Day Refreshment

Volunteer are needed to assist in distributing participant refreshments (fruit, water) to Race participants. This will include setting up the product prior the event, handing out the product to Race participants and breaking down boxes and cleaning up after the event. Some volunteers will be placed at water station

throughout the walk/run. **Time Commitment: 7:30a.m. to approximately 11:30a.m.**

#### Bonus Bag Distribution

Volunteers are needed to hand out Bonus Bags to Race Day participants. **Time Commitment: 8:30a.m. to approximately 11:30a.m.**

#### Information Tent

Volunteers are needed to respond to various requests for Race Day information, including lost and found request. Directions and event information. Volunteers should be able to handle questions and a flurry of activity simultaneously. **Time Commitment: 8a.m. to approximately noon**

#### Race Day Gear Check

Volunteers are needed to check-in personal items such as clothing and supplies, collecting items from participants, bagging them, marking the bad with the participant's bib number and storing the bag until the participants has finished. Items will be retrieved by bib numbers. **Time Commitment: 7:45a.m. to approximately noon.**

#### Set Up/Tear Down

Volunteers are needed prior to race day and before and after the race to help set up and tear down the site. Responsibilities included marking the route, setting up the water stations, helping with the Start/Finish set up. And loading and unloading supplies, food preparation and the like. **Time Commitment: three hours on Friday night before race day, 2 hours prior to race start and 2 hours after the race is over.**