



## Volunteer Opportunities

For day of event, the Emerson 5K Run~Walk for Cancer committee will be recruiting over 80 volunteers.

Listed below is the day of event volunteer opportunities:

Volunteer Job Title	Description	Time frame
Children's Activities	To lead activities including tie dye t-shirts, inflatable obstacle course, volleyball and badminton	10:30 am - 1:00 pm
Photography	To help take photographs at event	7:30 am - 12:00 pm
Race Timing	To help professional timing company to accurately time all participants	7:30 am - 9:30 am
Refreshments	To organize and lead snack & water distribution for participants during and after races	8:00 am - 10:00 am
Registration	To help process day of Run~Walk entries and check in pre registered participants	7:00 am – 9:00 am (Run)
Run~Walk Course	To help with set up and take down	7:00 am – 8:30 am 11:30 am – 1:00 pm
Run~Walk Course Marshal	To help keep runners and walkers on race course	8:00 am – 9:30 am (Run)
T-Shirt & Goody Bag Distribution	To organize and lead t-shirt and goody bag distribution	7:30 am - 10:00 am
Water Station in Thoreau Hills	To organize and manage water station in Thoreau Hills/on course	8:00 am - 10:00 am

As a volunteer, you will receive complimentary drinks and snacks, a t-shirt and participation in family activities after your volunteer shift is complete. You will have access to the swimming pool, please bring your bathing suit, towel and sunscreen.