



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
Registration	To help process day of Run~Walk entries and check in pre-registered participants	7:00 am – 10: 00 am
T-Shirt & Goody Bag Distribution	To organize and lead t-shirt and goody bag distribution	7:00 am - 10:00 am
Parking	To help with participant and volunteer parking	7:00 am – 10:00 am
Race Timing	To help professional timing company to accurately time 5k and Kids Fun Run runners	7:30 am – 10:00 am
Run~Walk Course Marshal	To help keep runners and walkers on 5k race course	7:30 am – 11:00 am
Water	To organize, set up and manage water distribution at Run~Walk start & finish lines	7:30 am – 11:00 am
Food Service	To help with breakfast and/or lunch distribution after run and walk	8:30 am – 10:00 am 10:00 am – 12 noon

As a volunteer, you will receive a complimentary lunch, 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.