

# ΑΓΑΠΣ ♥ 5k volunteers

## **RACE DAY REGISTRATION TABLE 5 Volunteers** *Report by 7:30*

Some runners and walkers will be registering on the day of the event, so we need a team of volunteers to make sure the process is easy and fast!

**Duties include:** collecting information from new registrants, guiding them through the online payment form, providing them with a bib, and directing them to the next table where they'll get their t-shirt and timing chip!

## **SIGN-IN / SWAG BAG TABLE 6 Volunteers** *Report by 7:30*

Helping runners/walkers/and volunteers get checked-in is one of the most important jobs of the day!

**Duties include:** checking off names as participants sign-in and communicating with the T-Shirt team to make sure participants get their t-shirt.

## **T-SHIRT TABLE 6 Volunteers** *Report by 7:30*

For some runners/walkers, this is the best part of the event! You'll be working directly with the sign-in team.

**Duties include:** keeping the t-shirts organized and handing participants their awesome Agape 5k shirts!

## **WATER STATIONS 9 Volunteers** *Report by 8:00*

This key role is not just about providing hydration support — but also moral support and excitement! As runners travel the course, they may get fatigued; but with your smiling face and cheering attitude, you will revive them!

**Duties include:** setting up the station, filling cups with water and Gatorade, restocking cups throughout the event, handing beverages to runners as they come by, cheering, and finally cleaning up the area when the last participant passes. Must be willing and able to get wet and standing for long periods of time.

## **COURSE MARSHALS 40 Volunteers** *Report by 8:00*

Directing runners and keeping them safe along the route is key to a successful event.

**Duties include:** a proper understanding of the course, paying attention and keeping participants safe. You cannot direct traffic; police officers will do that. Must be willing and able to stand for long periods of time is required.

## **POST-RACE REFRESHMENT 4 Volunteers** *Report by 8:15*

Be the first to greet the runners as they cross the finish line. We need your help in the following areas:

**Bottled Water distribution:** Hand weary runners a cold bottle of water.

**Duties include:** opening cases, collecting discarded bottles.

**Food Distribution:** Make sure there are plenty of bananas, apples, and granola bars etc. at easy reach for the runners.

**Duties include:** Restocking tables.

**Crowd Control:** The runners are happy to be done. Some are waiting for their friends/family to cross. But we need to make sure everyone can get through, so we don't have a back-up of runners waiting to cross the finish line.

**Duties include:** keeping runners moving efficiently through the chute, directing runners to the post-race area where they can wait for friends/family, get their Finishers picture taken.

## **TEAR-DOWN CREW 10 Volunteers** *Report by 10:00am*

When it is all said and done, and we have to say good-bye to our great event until next year, we need volunteers to help tear down the start/finish line area.

**Duties include:** taking down signs, moving tents, cleaning trash from the surrounding area, and help load up the safety cones. Job requires standing, bending, lift 25-50lbs, and getting dirty.

**Volunteering is a GREAT way to participate**  
in this fun event supporting local families! You will get a FREE race t-shirt,  
delicious snacks, and a chance to win raffle prizes.

**Sign up today (and invite your friends to join you)!**

<https://bit.ly/2GVISJV>



**SEE YOU ON RACE DAY!**