

Colon Cancer Coalition Get Your Rear in Gear 5K Race

**Winston-Salem, NC
Saturday, March 26, 2011**

**Please contact: volunteerWS@yahoo.com
Julie Turner, Volunteer Chairperson**

Volunteer Breakdown for Pre-Race

Race Promotions

When: Now until event

Volunteers will hang flyers and posters, leave stacks of brochures, leave table tents at area businesses. This includes hospitals, clinics, health clubs, running stores, restaurants, coffee shops, any place that will take materials.

Early Packet Pick-Up

When: March 25, 2011

Help hand out race numbers and t-shirts to individuals, Teams and children participating in the Get Your Rear in Gear 5K run/walk and Kids' ½ mile Fun Run

Volunteers for Race Day

Registration

Check in all pre-registered participants, collect funds from those registering on race day, give out race numbers and T-shirts.

Donation Collections

Collect and note donations turned in on the day of event.

Finish Line

Assist with set up and tear down of the finish line area, helping to hang banners, directing people through the finish line area, collecting chips from runners, and directing participants to the awards and refreshments.

Refreshments

Set up, serve and clean up of all food and refreshments at the tent. Some light lifting involved.

Water Aid Station

Set up water tables, pour and hand out water. After race, tear down and clean up area.

Kid's Race

Event will need a lead runner to lead the kids, several people to guide along course to ensure safety and direction of kids, and assist with handing out ribbons at the finish line

Awards

Identify 5K run winners, direct them to area for photographs and to the announcer for recognition.

Course Marshals

Set up mile markers and direct runners and walkers along route (keeping traffic and spectators out of course).

Set Up Crew

All aspects of set up on race morning including set up of tables and chairs, tenting, signs, garbage boxes, start/finish line area.

Clean Up Crew

Volunteers will ensure event meeting area is clean of event litter and will also walk/ride entire 5K Course to make sure all litter is picked up.