

Upcoming Girls on the Run Volunteer Opportunities Fall Season 2009

If you are interested in one or more roles described below, please reply with volunteer preferences & availability. Thank you!

Friday, December 11 (Day before 5K)

Load U-Haul w/ Supplies, Final Preparations

5:30 p.m. to 8 p.m. @ North Seattle GOTRPS Office

Tasks: Load supplies, equipment, food, signs from GOTR office in North Seattle into U-Haul, other preparation as needed

Saturday, December 12--New Balance Girls on the Run 5K

6 a.m. to 2:30 p.m. @ Seward Park, Seattle

Race day shifts available:

6:00 a.m. to 8:00 a.m.

Great shift for those who also want to be Running Buddies or run in the race

- Main Area Set-Up including unload U-Haul, assemble all tables, canopies, booths
- Balloons (Create arch for Start Line, move to Finish Line after race starts)
- Course Set-Up
- PA System Set-Up

7:30 a.m. to 10:30 a.m.

- Staffing Registration Booth (Pre/Day-of/Late) including processing day-of entries, distributing race packets and t-shirts
- Staffing Information Booth
- Various Booth Support - including Tiara Decorating Station, Goody Hair Decorating Station, etc.

9:30 a.m. to 11:30 a.m.

Great shift for anyone with strollers

- Course Sweepers--walking the course following all the race participants, watching for falls, keeping runners on track
- Course Cheerleaders (at each mile & at finish line)

11:00 a.m. to 12:00 p.m.

- Break Down booths, main gathering area
- Course Clean Up--Gathering cones, all course markers

12:00 p.m. to 2:00 p.m.

Great shift for those who are also Running Buddies

- Loading U-Haul with all equipment, race materials
- Final clean-up of main gathering area
- Driving back with GOTR staff to GOTR office, helping unload U-Haul at the office

Please email Mary at mary.manabat.barker@gmail.com if you would like to volunteer in any of the roles described and let us know if you are flexible, we'll place you where we have the most openings.

Also, feel free to share this email with others who would be interested--the more the merrier! Thank you very much for your continued support of Girls on the Run of Puget Sound and we look forward to seeing you soon!

Sincerely,

Mary Manabat Barker
on behalf of **Girls on the Run of Puget Sound**