



Volunteer Information

Girls on the Run 5K May 12th, 2012

Rohnert Park Community Center
5401 Snyder Lane
Rohnert Park, CA

5K Day Volunteers

Being a 5K day volunteer is a fun and rewarding job. If you are available to work on May 12th, 2012 starting at 6:30 AM (see shifts for specific arrival times), then please consider volunteering to work at the Girls on the Run 5K. Please contact Race Director Shelli Main at 707.696.9223 or shellbell017@comcast.net and register for the area of your choice. Each category has a registration cap, and once the cap is reached, the category will be closed.

We currently have volunteer needs in the following areas:

- Registration/Check-in
- Course Marshall
- Water/Aid Station
- Finish Line Refreshments
- Celebration
- Cheering
- Parking

REGISTRATION/CHECK-IN VOLUNTEER:

- ***12 volunteers needed on race day. 2 people per shift needed at Fleet Feet***

Registration/Check-in Volunteers help set-up and distribute the participant race packet. You will have a comprehensive FAQ that will enable you to answer any question an arriving participant may ask. Registration/Check-in Volunteers are needed for the following shifts:

- Fleet Feet Sports (111 Third St., Santa Rosa) on Fri May 11th from 10 AM-noon (shift 1)
- Fleet Feet Sports (111 Third St., Santa Rosa) on Fri May 11th from noon-2:30 PM (shift 2)
- Fleet Feet Sports (111 Third St., Santa Rosa) on Fri May 11th 2:30-5 PM (shift 3)
- Fleet Feet Sports (111 Third St., Santa Rosa) on Fri May 11th 5-7:15 PM (shift 4)
- 5K on May 12th, 2012 from 6:30 – 9 AM

COURSE MARSHAL:

- ***12 volunteers needed. Arrival at Rohnert Park Community Center is 7:30 AM***

Course Marshals are critical to the safety of the runners and success of the event. As a Course Marshal you may be assigned to work at the Start/Finish line, the runner assembly area or one of the 12 posts on the race course where you will make sure the runners do not take the wrong turn and encourage the runners as they pass your station. You will be the eyes and ears of the Race Director and may have to respond in the event of an injury or accident. Course Marshals must carry a mobile phone.



WATER/AID STATION VOLUNTEER:

15 volunteers needed. Arrival at Rohnert Park Community Center is 7:30 AM

The Water Stop is an area located on the race course approximately half way between the Start and Finish line. As a Water Stop volunteer, you will maintain a supply of small cups filled with drinking water. Runners will pause at the Water Stop location long enough to pick-up a cup of water to be consumed on the run. Runners will drop cups on the ground when empty. Water Stop volunteers will be responsible for keeping the Water Stop location safe for runners during the race, picking up and bagging all cups and water bottles after the race and restoring the area to its pre-event condition. The Water Stop Lead will coordinate with the Race Director parking or transportation for the Water Stop volunteers to and from the Water Stop and to coordinate the delivery of Water Stop supplies prior to the race.

REFRESHMENT VOLUNTEER:

12 volunteers needed. Arrival at Rohnert Park Community Center is 7:45 AM

Refreshment Volunteers work in an area located near the Finish line. As a Refreshment Volunteer, you will be asked to help cut up fruit/food and other post event refreshments for the race participants quickly and safely. All food handlers will be supplied with hand sanitizer and plastic gloves. Refreshment Volunteers will also help clean up and properly dispose of trash, recycling and composting.

CELEBRATION LEAD:

15 volunteers needed. Arrival at Rohnert Park Community Center is 7:30 AM

Celebration Volunteers (e.g. "stylists") help decorate and "bling"-out girls with hair doo-dads, cheek art, tattoos and more. As a Celebration Volunteer, you will be asked to help set-up, take-down and clean-up the celebration area. We're looking for bubbly, girly and fun gals who are encouraging, positive and playful.

CHEERING:

20 volunteers needed. Arrival at Rohnert Park Community Center is 8:00 AM

Cheering Volunteers line the race course with noise makers, signs, pom poms, cow bells, etc. to make the event very fun and festive. As a Cheering Volunteer, you will be asked to walk to and from your designated spot on the course (up to 3 miles of walking) with celebration stuff in hand and cheer your hearts out for the girls, running buddies, and all the other participants as they run/walk by you. We're looking for enthusiastic volunteers who are encouraging, positive and playful.

PARKING ATTENDANT:

10 volunteers needed. Arrival at Rohnert Park Community Center is 6:30 AM

Parking Attendants are critical to successful traffic movement and pedestrian safety. Parking Attendants will be assigned to one of 10 posts located in the Rancho Cotati High School parking lot, Rohnert Park Community Center parking lot and Snyder Lane. Parking Attendants will also ensure that designated parking is reserved and that safety procedures and road/traffic guidelines are followed. Parking Attendants must carry a mobile phone.

5K CONTACT INFO:

Race Director

Shelli Main 707.696.9223 shellbell017@comcast.net