



2nd Annual Pasco Go Healthy 5k

Land O' Lakes High School

Volunteer Descriptions

All volunteers are asked to report to the Land O' Lakes High School Track

Volunteer Areas:

- Pre-race Booth Set-up
- Sign-in Table
- Start/Finish Line
- Water Table at Mile 1
- Water Table at Mile 2
- Refreshment Table
- Directional Assistance/ Float
- Certificate Printing and Distribution
- Photography
- Emcee
- Lead Bike

Pre-Race Booth Set-up:

Number Requested: 5-10 Volunteers

Timeframe Needed: 7:00am – 8:00am

Assist with set-up of vendor, check-in and refreshment tables at the LOLHS track. Assist with setting up tables at the Mile 1 and Mile 2 markers on the course and deliver water supplies to these tables.

Sign-in Table:

Number Requested: 2-3 Volunteers

Timeframe Needed: 7:30am – 9:00am

Assist 5K participants with check-in, distribute course maps and direct participants to the starting line. Provide the volunteers working on the Certificates of Achievement the attendance list once check-in is complete.

Start/Finish Line:

Number Requested: 2-3 Volunteers

Timeframe Needed: 7:45am – 10:30am

Assist with setting up timing clock, corralling 5K participants 10 minutes prior to the start of the race, answering route questions, and cheering on participants as they start and finish.

Water Tables (Miles 1 & 2):

Number Requested: 4-6 Volunteers

Timeframe Needed: 8:15 – 10:30am

Distribute water to participants as they arrive at your station, assist in directing participants along the route, and help police the area around your station for discarded items (bottles, paper, clothing etc.)

Refreshment Table:

Number Requested: 1-2

Timeframe Needed: 8:30am – 10:45am

Set up and Distribute refreshment items (water, bagels, etc.) to participants after they've crossed the finish line.

Directional Assistance/Float:

Number Requested: 4-8 Volunteers

Timeframe Needed: 8:15am – 10:45am

Provide directional support for participants out on the course. Assist other volunteers wherever help is needed.

Certificate Printing and Distribution:

Number Requested: 1-2 Volunteers

Timeframe Needed: 9:00am – 11:00am

Based on sign-in sheets from the Sign-in Table, volunteers will transfer names of attending participants to the Certificates of Achievement, print them out using the portable printer provided, and distribute to finished participants at the Sign-in Table.

Photography:

Number Requested: 1-2 Volunteers

Timeframe Needed: 8:15am – 10:30am

Provide photo coverage of the event (participants at the starting line, on course, crossing the finish line, volunteers assisting, etc.) to be posted on the District's wellness webpage.

Emcee:

Number Requested: 1 Volunteer

Timeframe Needed: 7:30am – 9:30am

Direct the flow of the event based on the event itinerary, recognize Heart-Healthy Heroes, introduce event sponsors and entertainment, and countdown and announce the start of the 5K at 9am.

Lead Bike:

Number Requested: 1 Volunteer

Timeframe Needed: 8:00am – 9:30am

Lead the group from the starting line and provide course direction for lead walker/runner (must remain within their eyesight).