

# Girls on the Run 5K

## Volunteer Opportunities



### Event

This is a great opportunity to give back to girls in our community while seeing the program you love in action—the girls will achieve a goal they've been working toward all season! We welcome both individuals and groups for this opportunity. Come experience the magic of 5K day with Girls on the Run Hudson Valley.

This spring we are hosting TWO 5K events, which will take place on June 3<sup>rd</sup> and 4<sup>th</sup> at LEGOLAND New York Resort in Goshen, NY. Shifts run 6AM – 10AM.

#### GOTR 5K NORTH

Saturday, June 3<sup>rd</sup>

LEGOLAND New York Resort

#### GOTR 5K SOUTH

Sunday, June 4<sup>th</sup>

LEGOLAND New York Resort

### Volunteer Needs

#### Registration and T-Shirt Distribution (bilingual needed)

Volunteers assisting with registration will check in pre-registered participants as well as assist in signing up participants who wish to register day-of. Approximate time of arrival is 6:30 a.m. to 8:00 a.m. This is a great opportunity for anyone that wishes to run/walk in the GOTR 5K.

#### Finish Line

Once participants have completed their event, these volunteers will assist in distributing water, and snack bars and medals. Volunteers in this role will also be responsible for setting up and tearing down the tables with food and water before and after the event, respectively. Approximate time of arrival is 6:30 a.m. to 9:30 a.m. This volunteer opportunity is great for parents, teens and groups.

#### Water Station

Ensure participants stay hydrated as they make their way along the course. Volunteers will assist in setting up the water station, filling cups, handing out water, and removing any trash from the course. Participants will make their way by this station twice so it will stay busy! Approximate time of arrival is 7:00 a.m. to 9:30 a.m. This volunteer opportunity is great for parents, teens and groups.

#### Course Support

Being a course marshal is an exciting and rewarding volunteer role for those with extra energy. Course marshals will be stationed inside the park ensuring runners are following the 5K route and offering encouragement to all runners. Approximate time of arrival is 7:00 a.m. to 9:30 a.m. This volunteer opportunity is great for parents, teens and groups.

#### Cheer Station

Cheer on 5K participants at various locations along the 5K course. This is a perfect opportunity for a group! Volunteers for this role are welcome to dress in attire promoting their specific group. Pump up our participants with music, signs, and your creative magic! Approximate time of arrival is 7:15 a.m. to 9:00 a.m.

**[SIGN UP AT WWW.GIRLSONTHERUNHV.ORG](http://WWW.GIRLSONTHERUNHV.ORG)**

Bringing a group of volunteers? Contact Kim at [kim.quimby@girlsontherun.org](mailto:kim.quimby@girlsontherun.org)