



Girls on the Run 5k Spring 2017

Saturday, May 13th

Location: Pfitzner Stadium
7 County Complex Dr. Woodbridge, VA 22191

5k Day Volunteers

Being a 5K Day volunteer is a fun and rewarding job. If you are available to work on Saturday, May 13th (Woodbridge, VA), then please consider volunteering at our Girls on the Run Fall 5k's. Depending on your assignment you may be on-site as early as 6:00am and be needed until about 11:00am. Please register for the area of your choice. Each category has a registration cap. Once the cap is reached, the category will be closed.

We have volunteer needs in the following areas:

- Runner info/Registration Tent
- Alumni Tent
- Start/Finish Line
- Bike Marshal
- Water Stop (Group Only)
- Road Runner
- Bus Greeter
- Parking Crew
- Cheer Station (Group Only)
- Course Marshal

*Please park in the parking lot off Richter Road. From Prince William Parkway, turn right onto County Complex Court, and then right onto Richter Road. Turn right into the parking lot. (School buses are also parking there.)

Bike Marshal: 1 Volunteer Needed. Arrive at Volunteer Tent at 7:00am.

Bike Marshals will be used to lead and trail the race, as well as to supervise the safety of the course.

Runner Info/Registration Tent: 10 Volunteers needed. Arrive at Volunteer Tent at 6:30am. You will be finished around 9:00am

Before the race starts, runners and spectators may have questions. Sometimes runners pick up packets late, or want to register to run the race (if it has not already reached capacity). Registration Tent volunteers assist those runners with picking up their race numbers and t- shirts, and help register those runners who choose to do so on race morning.

Alumni Tent: 2 Volunteers needed. Arrive at volunteer tent at 7:15am. You will be finished around 10:30am.

At this tent you will be helping alumni sign in, getting their information, giveaway GOTR NOVA gear, and taking some group photos of the alumni. This role is focused on hospitality and helping the alumni feel welcomed to the 5k.

Start/Finish Line: 20-25 Volunteers needed. Arrive at Volunteer Tent at 7:00am. You will be finished around 11:00am.

There are a number of jobs for start and finish line volunteers and specific positions will be assigned the morning of the race. *Medal Distribution:* 5k finishers will receive a special medal to commemorate their accomplishments. Volunteers will stand near the finish line and give each finisher a medal. *Water & Recovery Food:* After the race starts, volunteers will distribute and replenish bottled water and bananas at the finish line. Volunteers will distribute food to runners in the finish line chute and replenish food, as needed. *Clean Up:* Volunteers will help with cleanup and recycling after the race as necessary.

Bus Greeters: 5-10 Volunteers needed. Arrive at Volunteer Tent at 6:30am. You will be finished around 8:30am.

Bus Greeters are needed to greet the buses when they arrive and direct the runners to the start of the line area.

Parking Crew: 20 Volunteers needed, must be part of a group. Arrive at Volunteer Tent at 6:15am. You will be finished around 9:00am.

Parking Crew help is needed to assist race operations staff with directing traffic into the stadium parking lots.

Water Stop: 15-20 Volunteers needed, must be part of a group. Arrive at Volunteer Tent at 6:30am. You will be finished around 10:30am.

Water stops provide an opportunity for runners to grab water quickly and continue with their race. Water stop volunteers will arrive before the race starts to set up the water station, then distribute water to the runners as they pass by, and clean up after the last runner has passed.

Cheer Station: 10-20 Volunteers needed, must be part of a group. Arrive at Volunteer Tent at 7:00am. You will be finished around 10:00am.

Every runner loves to be encouraged while making their way through the course – it helps to keep their spirits high and encourage them along the way! Cheer stations can be as creative as you want— pom poms, poster boards, music, costumes—anything appropriate is welcome and we encourage you to be as creative as possible! GOTR NOVA will provide some cheer materials, but feel free to bring your own as well.

Road Runners: 5 Volunteers needed. Arrive at Volunteer Tent at 7:00am. You will be finished around 10am.

Each GOTR girl runs with a buddy runner - typically a parent, sibling, relative or friend of the girl's family. In some cases a girl may not be able to find a suitable buddy runner. If this happens, her GOTR coach will turn to a pool of volunteer Road Runners who have registered and are willing to be signed to run with a girl. As a Road Runner, your registration fee will be waived, and if contacted by GOTR NOVA, you will be assigned to run with a girl. Typically, Road Runners are not contacted until a few days before the race. Unfortunately, we cannot guarantee that you will be needed as a Road Runner. However, if you are NOT asked to run with a girl, you are welcome to run in the 5k as our guest and your registration fee will be waived. Girls on the Run International regulations require GOTR NOVA conduct a background check on all Road Runners. If you wish to register as a Road Runner you will need to complete and sign an application form/waiver authorizing GOTR NOVA to conduct the background check.

Course Marshals: 5 Volunteers needed. Arrive at 7:00am, you will be done around 10:00am.

Course marshals direct runners as they make their way along the course and make sure that runners follow the course correctly and safely. Course marshals are also useful cheerleaders for runners -- keeping their spirits high and providing them with encouragement!