

# Volunteer Positions

Individuals, youth, teens, families, and groups all welcome! Please review the following volunteer position descriptions as well as the volunteer guidelines as some positions may have physical or age requirements. As Grandma's Marathon race weekend approaches, you will be contacted by your area captain who will provide you with additional instructions.

## Course Marshals

- Safety: Volunteer's first priority is to provide a safe course for our runners. Course Marshals are positioned throughout the course, usually at intersections. Course Marshals are needed for both Friday and Saturday.
- Keeping Runners on Course: As soon as you see a runner, begin to signal with your hands and your voice which direction or turn they are supposed to make.
- Traffic Control: Course marshals are positioned at intersections that are blocked for traffic. Responsible for keeping cars and bikes off the course and maintaining a safe environment for runners.
- Encouragement: Cheer the runners on – it's a long course, for some runners 26.2 miles, and they'll need every ounce of encouragement they can get to push through to the finish line! Get up, get excited, and keep them moving. Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!"

## Finish Area: Refreshments

- Safety: Volunteer's first priority is to serve food and refreshments to meet health and safety requirements. They also keep the food stations free of debris and clutter.
- Runner Replenishment: After runners finish the race, participants will look for something to eat and drink. Food and refreshment distribution volunteers help with set-up and distribution of food and refreshments for participants.
- Other: May include setup (may require heavy lifting as this position includes barricade set-up), crowd control, cleanup and other duties as assigned on race day.

## Finish Area: Gear Bags

- Sort: Line gear bags up in order based on the runner's bib # in the designated bag pick up area at the finish line. Keep bags in an orderly fashion for quick retrieval.
- Deliver Bags: Search, retrieve, and return bags to runners as they finish. Runners must provide their bib # in order to receive their gear bag back.

## Medical Services

- Provide Emergency Medical Services: Medical professionals will be on-site throughout the course to assist participants before, during, and after the race. Doctors, nurses, physician assistants, physicians, physical and occupational therapists, etc. will fill these posts. Must be certified in CPR and First Aid and provide proof of certifications.

## Race Packet Pickup

- Distribution: Organize and hand out race packets and goody bags to runners. Packet pickup days are Thursday, June 14 and Friday, June 15.

# Continued...

## Racecourse Entertainment

- Runner Encouragement: It's a long course, for some runners 26.2 miles, and they depend on every ounce of encouragement they can get to push through to the finish line! You'll be part of the inspiration that keeps the runners moving. Get up, get excited, and keep them moving! Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!" We strongly support creativity with this position--so dress up, play music, be loud, be goofy, and most of all HAVE FUN!
- Spectator Entertainment: Your talents aren't just for the runners, they also help create the fun party atmosphere the Grandma's Marathon is known for!

## Security

### Requirements:

- Must be 18 years of age or older
- Minimal shift hours from 5:00am-2:00pm
- Able to stand and walk for long periods of time
- Diplomatic and even-tempered
- Confident and comfortable in large crowds
- Interact with other people in the crowd

### Preferred:

- Previous events security experience
- EMT training or any minimal first responder experience
- Physical therapy background or massage background
- Police trainees

## Starting Line: Half & Full

- Welcome Committee: The starting line (for both the full and half marathon start) is a buzz of excitement for all participants. The starting line volunteers greet and welcome runners as they arrive, provide direction to port-o-potties, and keep runners on track as they line up to start.
- Other: May include setup (may require heavy lifting as this position includes barricade set-up), crowd control, cleanup and other duties as assigned on race day.

## Water Aid Stations

- PLEASE NOTE: Mile 13 Water Station is the only location where volunteers are shuttled in and out.
- Safety: Volunteer's first priority is to provide a safe course for our runners. Please keep the course free of debris and communicate any medical/safety issues to your Medical Team member.
- Encouragement: Cheer the runners on! It's a long course, for some runners 26.2 miles, and they'll need every ounce of encouragement they can get to push through to the finish line! Get up, get excited, and keep them moving! Be creative! Wear funny hats, wigs, or costumes like a hula skirt on top of your volunteer shirt – you'll be part of the inspiration that keeps the runners moving. Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!"
- Support: Provide runner hydration. As runners pass by, shout what you are holding (water or Powerade) and hand to runners as they pass. As you hold out cups to runners, hold cup at the bottom so runner can easily grasp cup from you. Continue to pick up cups that runners have discarded on the course to maintain a safe and clear course for runners.

If you are no longer able to work your assigned shift, please email us at: [tara@grandmasmarathon.com](mailto:tara@grandmasmarathon.com)