



# UnitedHealthcare NC Marathon VOLUNTEER OPTIONS



**Marathon Start**      8:00 am  
**Half Mar. Start**    8:00 am  
**5K Start**              9:00 am

**Packet Pick Up 12 Noon - 10pm**  
**SHOWPLACE**  
**www. NCMARATHON.org**

### **Pick Up / Delivery Driver (Administrative)**

Volunteer duties include ability to drive truck from pick up locations to delivery locations. Some heavy lifting may be required. Pre-race activities and race day activities.

Estimated Time=5-6 hours pre-race; 5-7 hours on race day

### **Goody Bag Assembly**

Volunteer duties include assembly line placement of donated goods & products, samples, brochures, and race information into athlete packets for use at packet pick up. Some lifting may be required.

Estimated Time=3-4 hours; Tuesday, March 9, 2010

### **Promotions Delivery (Administrative)**

Volunteer duties include driving and delivering race brochures, posters, registration forms, etc.... to businesses and organizations in the Piedmont Triad area. Some lifting may be required.

### **Administrative Assistance**

Volunteer duties include general office tasks such as data entry, copying, collating, phones, web correspondence, mailings, etc.....

Estimated Time=2-3 hour shifts; office open daily from 8:30 am-5:00 pm

### **Packet Pick Up (Registration)**

Volunteer duties include providing athletes with registration materials including race number/bib and athlete packet. Ability to answer questions runners may have and direct them to race officials for assistance if needed.

Estimated Time= Volunteer Training: at [Allen Jay Recreation Center](#), 1073 East Springfield Road, High Point - Sunday, March 7, 2010 from 3pm - 5pm; Monday, March 8, 2010 from Noon - 2pm; Monday, March 8, 2010 from 6pm - 8pm; at [United Healthcare Headquarters](#), 3803 N. Elm Street in Greensboro - Tuesday, March 9, 2010 from Noon - 2pm; Tuesday, March 9, 2010 from 6pm-8pm

### **Food Tent at Finish Line (Food & Beverage Distribution)**

Volunteer duties include being on site on Saturday, March 20, 2010 from 7:30 am to 1:30 pm. Assist Catering Staff with set up; monitor tent access; take tickets at tent entrance to allow access to food; sell tickets on site. FREE FOOD PASS for all volunteers at Food Tent.

### **Finish Line Beer (Food & Beverage Distribution)**

Volunteer duties include assisting staff with beer service to runners and guests over the age of 21. Must be at least 21 years of age to volunteer.

### **Massage Therapists Area & Band Coordinator (Finish Line)**

Volunteer duties include assisting massage therapists once they arrive on race morning. Coordinators must be willing to make contact with the persons prior to race to day to coordinate set up place, needs, or any last minute details. Estimated Time= Saturday, March 20, 2010 from 7:00 am to 10:00 am.

### **FFNC Information Tent**

Volunteer duties include set up of FFNC Information booth including posters, banners, brochures, and other information on programs and services offered. Must have strong knowledge of FFNC and be able to answer questions easily and with enthusiasm! Some lifting may be required.

Estimated Time= Saturday, March 20, 2010 from 6:00 am to 2:00 pm. Shifts are available.

### **Finish Line Food & Beverage (SET UP)**

Volunteer duties include assisting with the set up of tables, signage, and food and beverage on race day at the finish line area. Some lifting may be required. Must be willing to enforce the use of refreshments for athletes only.

Estimated Time=Saturday, March 20, 2010 from 7:00 am to 2:00 pm.

### **Start Line Food & Beverage (SET UP)**

Volunteer duties include assisting with the set up of tables, signage, and food and beverage on race day at the start line area. Some lifting may be required. Must be willing to enforce the use of refreshments for athletes only.

Estimated Time=Saturday, March 20, 2010 from 6:00 am to 8:00 am.

### **Awards Table Set Up & Coordinator (Awards)**

Volunteer duties include assisting with set up on the field of the awards tables, banners, and decorations. Must be willing to remain near table to assist with the safety of the awards.

Estimated Time=Saturday, March 20, 2010 from 7:00 am to 1:00 pm.

### **Course Water Stations**

Volunteer duties include assisting with the preparation of water, sports drink, energy gels, and food along the course. Some lifting may be required. Must be willing to commit to an early set up shift, assist with clean up once runners have passed the station, and coordinate medical assistance for runners who appear to be distressed. Communication with race officials to request additional aid station supplies before they are actually needed is crucial. Tear down of station once last runner has passed station.

Estimated Time=Saturday, March 20, 2010 from 6:00 am to 2:00 pm (shifts)

### **Course & Finish Line Medical Stations**

Volunteer duties include assisting the runners with minor injuries along the course. Must attend Volunteer Training and have some medical knowledge of common marathon medical issues. MD's & DO's; RN, LPN or Respiratory Therapists; EMT's; Medical Students; and Non-medical Assistants needed to assist at one of six designated medical aid stations. *Acceptance as a medical volunteer and specific location of assignment contingent upon approval by NC MARATHON Medical Directors.*

Estimated Time=Volunteer Training; Saturday March 20, 2010 from 7:00 am to 4:00 pm.

### **Relay Point on Course**

Volunteer duties include assisting the runners who are competing on a 3-man relay team in the transition area from one runner to another.

Estimated Time= Saturday March 20, 2010 from 7:00 am to 1:00 pm.

### **Marathon Course Monitors**

Volunteer duties include directing runner traffic at a defined location to ensure athletes are following the correct course. Volunteers may also serve as monitors along the course, relaying key information such as lead and tail runners, a runner who may be struggling and the general public who are being diverted from their normal traffic pattern on race day. Course volunteers must attend Volunteer Training and wear race tshirt and orange traffic vest.

Estimated Time=Volunteer Training; Saturday March 20, 2010 from 7:30 am to 3:00 pm (shifts).

### **Finish Line Volunteers**

Volunteer duties include assisting the runners with food & beverage, removing timing chip, providing blankets, and providing finishers with finisher medals.

Estimated Time=Volunteer Training; Saturday March 20, 2010 from 8:00 am to 4:00 pm.

### **Volunteer Tent**

Volunteer duties include assisting the race volunteers with directions, shirts (if necessary), shift coordination, race official numbers, and most importantly with last minute/up to date course & safety information. Volunteer must be able to multitask, operate smoothly under pressure, have strong knowledge of course & event.

Estimated Time=Volunteer Training; Saturday March 20, 2010 from 7:00 am to 4:00 pm.

### **Course Clean Up**

Volunteer duties include tearing down portions of the race course such as water stations, mile markers and traffic cones designed to define running routes along the course. Some heavy lifting will be required.

Estimated Time=Volunteer Training; Saturday May 3, 2008 from 9:00 am to 4:00 pm.

### **GreenTeam**

*NEW THIS YEAR*-**Green Team** – A strategic team of volunteers throughout the venue and race course to help implement the Marathon's "Green" initiatives. This year we're trying to step up our efforts to lessen the environmental impact of the marathon weekend. From reducing to recycling, we're looking for volunteers who will be responsible for helping to implement these steps.

### **Pacers**

Please contact the office directly to get information on how to be a pacer. 336-834-9919.