

Volunteer Instructions – 5K Run, 10K Run

OKC Boathouse District

Sunday, June 3

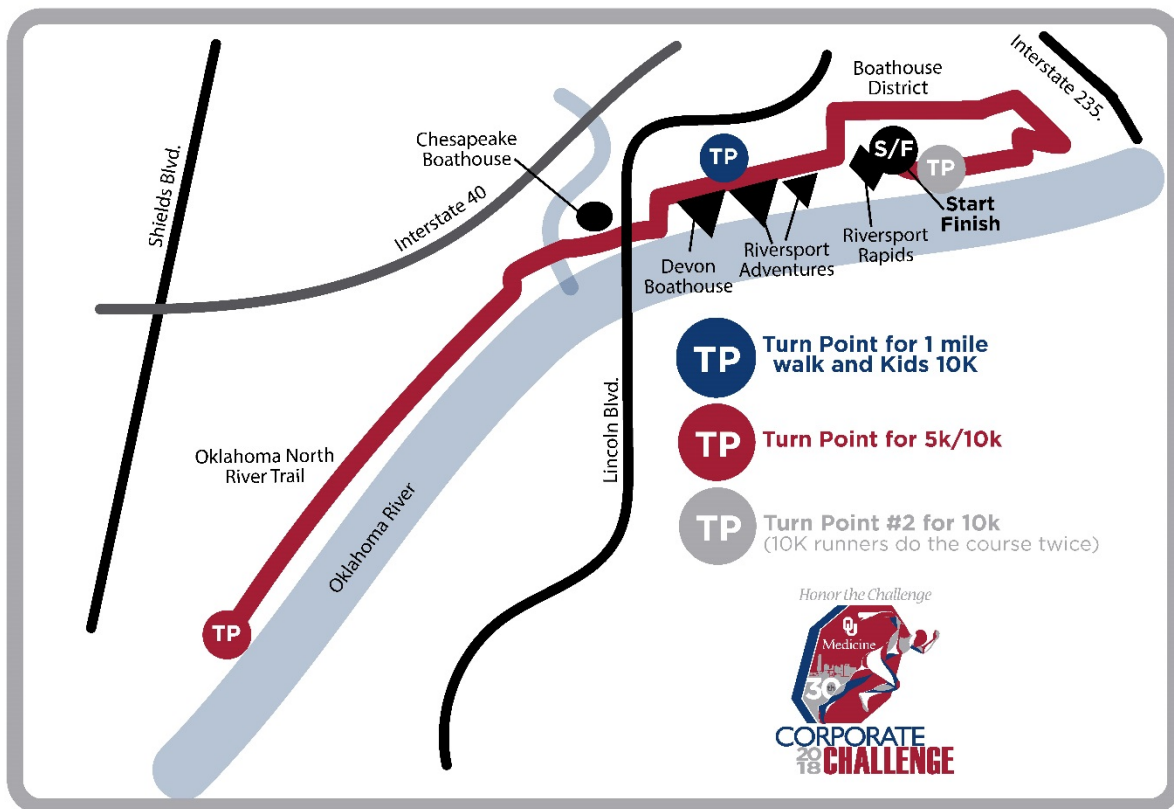
Volunteer report time: 6:30 AM

Welcome! Thank you for volunteering!

Sign-in Process

- Sign-in location – In front of the Riversport Building with Corporate Challenge event staff, wearing **maroon staff T-shirts**
- Volunteer assignments will be given after all volunteers have checked in.

The 5K and 10K runs have the same start/finish line and take place simultaneously. These races will begin at 8:00 a.m., or immediately following the final participant in the 1 mile walk or Kids 10K.



Volunteer duties:

- Course Marshals receive orange course marshal vests
- Direct 5K runners to the finish line and 10K runners to make an extra loop around the course before finishing using handheld signage
- Keep non-participants off the course
- Help set up fruit and water before and pass them out after the race

Please report anything of interest, unsportsmanlike behavior, things that could be done better, etc. back to the volunteer table after the event.

Volunteer Shirts (must wear)

Your captains will receive these on May 29th and will get yours to you.

Miscellaneous Items

- Injuries - Don't assist, yourself. Find someone in a Medic Shirt.
- Grievances - If someone complains to you, nicely ask them to address the event staff. If needed, you can direct them specifically to Alicia Rambo, event coordinator.
- Water/Food – Water and fruit will be available, but if you feel you'll need a snack during your volunteer time please bring your own.
- Personal belongings—recommend you do not bring purses, wallets, etc.
- Children - Although we welcome families, please be considerate of your volunteer time.

Questions can be directed to your company team captains. See you there!