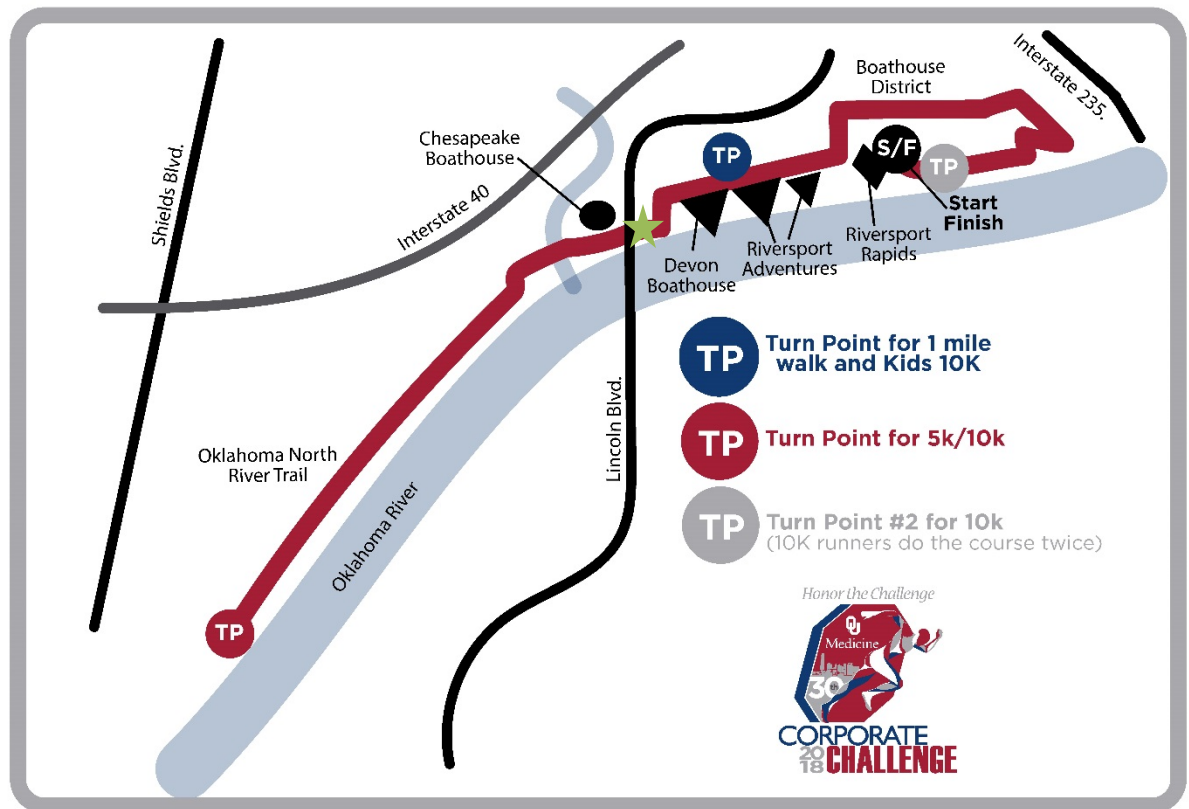


**Volunteer Instructions – 5K/10K Water Stop**  
OKC Boathouse District  
Sunday, June 3  
Volunteer report time: 6:30 AM

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**
- Water Stop is marked below with a green star. Once duties have been explained, you will be directed to your volunteer location.



**Volunteer Duties**

- Pour bottled water into provided paper cups, halfway full.
- Anyone handling cups should wear gloves.
- Once runners begin to arrive, offer the cups in a non-impeding manner.
- Some volunteers should remain back, filling up water cups to replenish those used by runners.

- Clean up after the last runner has come through. (cups out of street, dirty cups and gloves in trash bags, extra water and cups separate) Staff will be in charge of disposing of trash and returning extra water.

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 29<sup>th</sup> 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 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!