

# VOLUNTEERS NEEDED!

Our amazing, hardworking volunteers are the backbone to all our wonderful events, and we'd love to have your help! Come on out to **THE HARD CIDER RUN** to make sure our event goes down just as smooth as the cider at the finish line!

## WE NEED HELP WITH:

- Packet Pick-Up
- Handing out medals, water and bananas
- Manning the water station
- Course marshalling
- Directing cars into the parking lot
- Tearing down the course

Volunteers will all do a variety of tasks, so you will never get bored! If you have experience in one of these areas (or just really want to give one a try) let us know and we'll do our best to place you there!

## VOLUNTEER REQUIREMENTS:

- Must complete an entire shift
- Must be at least 16 years old
- Must be able to lift 50 pounds
- Must be able to stand the entire shift

## YOU'LL RECEIVE ONE OF THE FOLLOWING:

- A free registration to next year's race
- A free registration to this year's race (provided that your running wave does not interfere in ANY WAY with your volunteer shift!)
- A donation to the charity of your choice

In addition, all volunteers will receive an awesome t-shirt!

## INTERESTED?

Find an event near you & select the "Volunteer Sign-Up" button!



**LET'S GO!**

