



UnitedHealthcare NC MARATHON Volunteer Options



Marathon Start 8:00 am
Half Mar. Start 8:00 am
5K Start 8:30 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, November 15, 2011, 8:00 AM at UnitedHealthcare.

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 [FFNC High Point Office](#), 790 N. Main St., High Point – Saturday

November 12, 2011 from 12:00pm – 3:00pm; Monday, November 14, 2011 at Noon; Monday,

November 14 at

6:00pm.

Food Tent at Finish Line (Food & Beverage Distribution)

Volunteer duties include being on site on Saturday, November 19, 2011 from 7:30 am to 1:30 pm.

Assist Catering

Staff with set up; monitor tent access; take tickets to allow access to food; sell tickets on site. FREE FOOD PASS

for all volunteers at Food Tent.

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, Saturday, November 19, 2011 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, November 19, 2011 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, November 19, 2011 from 7:00 am to 2:00 pm.

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, November 19, 2011 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, November 19, 2011 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, November 19, 2011 from 7:00 am to 4:00 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, November 19, 2011 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, November 19, 2011 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, November 19, 2011 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, November 19, 2011 from 9:00 am to 4:00 pm.

Pacers

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