



Volunteer Sheet
Missoula Marathon
RACE DAY: Sunday, July 11, 2010

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There are no lack of opportunities to help with the Missoula Marathon and Missoula Kids Marathon. Volunteers work on this year round, and we have started planning for next year's event far before this year's event has taken place. Any time that you can provide is greatly appreciated, whether it's in advance of the event or on race weekend. For opportunities that fall outside of race weekend, please go all the way to the end of this document. Thank you for considering being a volunteer with the Missoula Marathon.

Friday, July 9, 2010 (7 pm - 11 pm)

____ Set up for Registration and Expo in Caras Pavilion

Yep, it's true. We set up for the Registration and Expo in Caras Pavilion the night before. We learned this after the first year, when people got to the registration area an hour early ready to pick up their race number and we were still organizing ourselves. We find doing it the night before to be a huge stress reliever. There are a ton of boxes to be moved and organized, and this year there will be more than ever. If you want to participate in the event but also want to help, this is a great way to do that. This is definitely a case of the more help the less work for everyone and the faster we'll be done.



Saturday, July 10, 2010

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The hours are listed for the entire event. If you can help only for a partial period of time, that is not a problem and will be worked out with the Volunteer Coordinator for your area.

Expo and Registration

___ Registration and Check-in at the Missoula Marathon Expo (8 am – 6pm)

___ Registration and Check-in at the Missoula International Airport (6pm – 12 am)

___ Run Wild Missoula Information Table (8 am – 6 pm)

___ Missoula Marathon Merchandise Table (8 am – 6 pm)

Missoula Kids Marathon

___ Help with set-up, course monitors, start and finish (9 am – 1 pm)

Course Set-Up

___ I love staying up all night. Can I please help set up the course? (2 am-5am)



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Starting Lines

___ I will help at 4:00 a.m. at the full marathon starting line

___ I will help at 4:00 a.m. at the ½ marathon start.

Pacers

___ Forget watching everybody else run... I want to volunteer as a pacer!

Aide Stions

___ My TEAM would love to provide entertainment and assistance at an AIDE station

___ I would be willing to help at an AIDE station.

___ I am CPR Red Cross Certified (not a requirement)

Course Monitors

___ I would like to stand on the course as a road monitor

___ I would like to be on the course as a BICYCLE monitor

___ I would like to be a flagger at the Relay Exchange areas

Finish Area

____ I would like to help in the athletes' finish area.

____ I would like to help with Gear Bags in Caras Pavilion

____ I would like to help with awards (assisting our emcee by providing timely finish information from our timing company)

____ I would like to work the Missoula Marathon merchandise booth

The End of the Day and the Year

____ I would help with clean up of the course. (11am-4pm) We need someone with a truck, a pair of gloves and probably a friend to pick up all the garbage bags along the course and transport them to Allied Waste before they close. The garbage consists primarily of empty water cups, so it's not physically demanding. The garbage bags are prepared by the aide station volunteers and waiting for you.

____ I will stay in the finish area and Caras Pavilion until all the garbage is collected and put in the garbage dumpsters.

____ I especially wish to help with the recycled products.

Special Volunteer Opportunities that Exist for Individuals who can't get enough:

- Co-starting line Manager for the Marathon Starting Line
- Merchandise Manager
- Poster distribution. Before long we'll have 500 posters to distribute around town. If you can take them to sponsors and get other people to place them in their windows, that would be awesome.
- Map distribution. Six weeks prior to the event we'll have very large maps to distribute to sponsor locations and other areas.
- Race Director Assistant. Yep, the race director could use extra help. You can work strange hours and from any location. It's a lot of administrative work, but a little bit of everything.