

## Volunteer Shifts for Groups and Credit Unions

Day	Start Time	End Time	Job Name	# of vols needed
Friday	1:00PM	5:00PM	Expo - Packet Pickup	FULL
Friday	1:00PM	5:00PM	Expo - Runner Support	25
Friday	4:15PM		Expo - Runner Support	35
Friday	1:30PM	5:30PM	Expo - Merchandise Sales	FULL
Friday	1:30PM	5:30PM	Expo - T-Shirt Distribution	FULL
Friday	10:00AM	12:00PM	Expo - Signs	FULL
Friday	9:00AM	12:30PM	Expo - T-Shirt Set up and Sorting	FULL
Friday	9:00AM	12:30PM	Expo - T-Shirt Set up and Sorting	FULL
Saturday	1:00PM	3:00PM	10 mile - Logistics / Pre-Race Setup	FULL
Saturday	10:00AM	12:30PM	Kids Run - Course Marshals	FULL
Saturday	10:00AM	12:30PM	Kids Run - Entrance/Exit Marshals	FULL
Saturday	10:00AM	12:30PM	Kids Run - Start/Finish line	FULL
Saturday	12:00PM	3:00PM	10 mile - Bag Check Setup	FULL
Saturday	12:00PM	5:30PM	Expo - Packet Pickup	30
Saturday	12:00PM	5:30PM	Expo - Runner Support	40
Saturday	12:30PM	6:00PM	Expo - Merchandise Sales	10
Saturday	12:30PM	5:30PM	Expo - T-Shirt Distribution	20
Saturday	4:30PM	5:30PM	Expo - Signs	FULL
Saturday	8:00AM	12:30PM	Expo - Packet Pickup	FULL
Saturday	8:00AM	12:30PM	Expo - Runner Support	40
Saturday	8:30AM	1:30PM	Expo - Merchandise Sales	10
Saturday	8:30AM	1:00PM	Expo - T-Shirt Distribution	FULL

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Day	Start Time	End Time	Job Name	# of vols needed
Saturday	9:00AM	11:00AM	Kids Run - Registration	FULL
Saturday	9:30AM	11:30AM	10 mile - Logistics / Pre-Race Setup	FULL
Sunday	1:00PM	5:00PM	Equipment clean-up (Rockville)	20
Sunday	5:00AM	10:00AM	10 mile - Volunteer Registration	10
Sunday	5:30AM	11:30AM	10 mile - Bag Check	100
Sunday	5:30AM	11:30AM	10 mile - Course Marshal	100
Sunday	5:30AM	10:00AM	10 mile - Course Recorders	35
Sunday	5:30AM	11:30AM	10 mile - Refreshments	50
Sunday	5:30AM	10:30AM	10 mile - Water Stop Bravo (NASA)	FULL
Sunday	5:30AM	10:30AM	10 mile - Water Stop Charlie	FULL
Sunday	5:30AM	10:30AM	10 mile - Water Stop Delta	20
Sunday	5:30AM	10:30AM	10 mile - Water Stop Echo	FULL
Sunday	5:45AM	10:30AM	10 mile - Course Split Timer	20
Sunday	5:45AM	11:30AM	10 mile - Medical Volunteer	100
Sunday	6:00AM	11:30AM	10 mile - Information Booth	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Blue	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Green	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Orange	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Purple	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Red	10
Sunday	6:00AM	10:30AM	10 mile - Start / Finish Line - Yellow	10
Sunday	6:00AM	11:00AM	10 mile - Water Stop Infield	10

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Sunday	6:30AM	11:00AM	10 mile - Water Stop Foxtrot	25
Sunday	6:45AM	11:45AM	10 mile - Sustainability & Recycling	10
Sunday	7:00AM	11:30AM	10 mile - Medal distribution	50
Sunday	7:45AM	11:45AM	10 mile - Sustainability & Recycling	10