

## 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                | 10               |
| Friday   | 1:30PM     | 5:30PM   | Expo - Merchandise Sales             | FULL             |
| Friday   | 1:30PM     | 5:30PM   | Expo - T-Shirt Distribution          | FULL             |
| Friday   | 4:15PM     | 8:30PM   | Expo - Runner Support                | 25               |
| Friday   | 4:30PM     | 8:30PM   | Expo - Packet Pickup                 | FULL             |
| Friday   | 5:00PM     | 8:30PM   | Expo - Merchandise Sales             | FULL             |
| Friday   | 5:00PM     | 8:30PM   | Expo - T-Shirt Distribution          | FULL             |
| Friday   | 9:00AM     | 12:30PM  | Expo - T-Shirt Set up and Sorting    | FULL             |
| Friday   | 9:30AM     | 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           | 13               |
| Saturday | 10:00AM    | 12:30PM  | Kids Run - Entrance/Exit Marshals    | FULL             |
| Saturday | 10:00AM    | 12:30PM  | Kids Run - Refreshments              | FULL             |
| Saturday | 10:00AM    | 12:30PM  | Kids Run - Start/Finish line         | FULL             |
| Saturday | 12:00PM    | 5:30PM   | Expo - Packet Pickup                 | 15               |
| 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 | 6:15AM     | 9:30AM   | 5K - T-shirt distribution            | 20               |
| Saturday | 6:30AM     | 9:00AM   | 5K - Packet Pickup                   | 25               |

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| Saturday | 6:30AM     | 11:00AM  | 5K - Water Station                    | 10               |
| Saturday | 7:00AM     | 10:30AM  | 5K - Bag Check                        | 40               |
| Saturday | 7:15AM     | 10:30AM  | 5K - Course Marshals                  | 20               |
| Saturday | 7:30AM     | 11:00AM  | 5K - Medical Volunteers               | 12               |
| Saturday | 7:30AM     | 10:30AM  | 5K - Refreshments                     | 40               |
| Saturday | 7:30AM     | 10:30AM  | 5K - Start/Finish Line                | 20               |
| Saturday | 7:30AM     | 11:00AM  | 5K - Sustainability                   | 20               |
| Saturday | 8:00AM     | 12:30PM  | Expo - Packet Pickup                  | FULL             |
| Saturday | 8:00AM     | 12:30PM  | Expo - Runner Support                 | 20               |
| Saturday | 8:30AM     | 10:30AM  | 5K - Medal Distribution               | FULL             |
| Saturday | 8:30AM     | 1:30PM   | Expo - Merchandise Sales              | 5                |
| Saturday | 8:30AM     | 1:00PM   | Expo - T-Shirt Distribution           | FULL             |
| Saturday | 9:00AM     | 11:00AM  | 10 mile - Logistics / Pre-Race Setup  | FULL             |
| Saturday | 9:00AM     | 11:00AM  | Kids Run - Registration               | FULL             |
| Sunday   | 1:00PM     | 5:00PM   | Equipment clean-up (Rockville)        | 20               |
| Sunday   | 5:00AM     | 10:00AM  | 10 mile - Volunteer Registration Team | 5                |
| Sunday   | 5:30AM     | 11:30AM  | 10 mile - Course Marshal              | 90               |
| Sunday   | 5:30AM     | 10:00AM  | 10 mile - Course Recorders            | 35               |
| Sunday   | 5:30AM     | 11:30AM  | 10 mile - Refreshments                | 50               |
| Sunday   | 5:30AM     | 9:30AM   | 10 mile - Water Stop Alpha            | 25               |
| Sunday   | 5:30AM     | 10:30AM  | 10 mile - Water Stop Bravo            | NASA             |
| Sunday   | 5:30AM     | 10:30AM  | 10 mile - Water Stop Charlie          | FULL             |

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|------------|-------------------|-----------------|------------------------------|-------------------------|
| Sunday     | 5:30AM            | 10:30AM         | 10 mile - Water Stop Delta   | 20                      |
| Sunday     | 5:30AM            | 10:30AM         | 10 mile - Water Stop Echo    | NWFCU                   |
| Sunday     | 5:45AM            | 10:30AM         | 10 mile - Course Split Timer | 20                      |
| Sunday     | 5:45AM            | 11:30AM         | 10 mile - Medical Volunteer  | 70                      |