

Volunteer Shifts for Groups and Credit Unions

Day	Start Time	End Time	Job Name	# of vols needed
Saturday	6:00AM	10:00AM	5K - Bag Check	20
Saturday	6:30AM	10:00AM	5K - Sustainability	20
Saturday	6:00AM	9:30AM	5K - Water Station	10
Saturday	8:30AM	11:15AM	Kids Run - Course Marshals	13
Sunday	6:00AM	11:30AM	10 mile - Bag Check	75
Sunday	5:30AM	11:30AM	10 mile - Course Marshal	70
Sunday	5:30AM	10:00AM	10 mile - Course Recorders	30
Sunday	5:45AM	10:30AM	10 mile - Course Split Timer	20
Sunday	5:45AM	11:30AM	10 mile - Medical Volunteer	40
Sunday	5:30AM	11:30AM	10 mile - Refreshments	30
Sunday	6:15AM	11:45AM	10 mile - Sustainability & Recycling	9
Sunday	7:45AM	11:45AM	10 mile - Sustainability & Recycling	9
Sunday	5:30AM	10:30AM	10 mile - Water Stop Delta	25
Sunday	6:30AM	11:00AM	10 mile - Water Stop Foxtrot	40
Sunday	6:00AM	11:00AM	10 mile - Water Stop Infield	15
Sunday	1:00PM	5:00PM	Equipment clean-up (Rockville)	10