

Fall 2018 Categories Description – Closes 11/26/2018 @ 11:59 PM

All 5k volunteers over 18 years old must complete a GOTR background check. No fee to you. Openings are limited and fill up fast. Start and End times may change or vary.

Equipment Setup/Breakdown – 6:00am/10:30am (time is approximate)

- Early arrival is required to assist event staff and possibly arriving vendors in getting tables and chairs setup and place and open inventory boxes at correct locations/tents; hang signs, or any other finishing touches before participants arrive.

Volunteer & Vendor Check -In – 6:30am

- Check in Volunteers and Vendors. Provide any handouts. Refer to Directional Maps and guide to assigned stations.

GOTR Coach, Run Buddy & Additional Runners Check-In – 6:45am setup

- The GOTR 5K starts at 9:00 but the teams start arriving at least 1.5 hours early to go through Happy Hair, find their teams and warm up! This station will Check- In Coaches, Additional Runners and Run Buddies
- Provide run bibs packets to coaches; Check off **Run Buddy** or **Additional Runner** and provide #2 run bib/pins and 1 (one) blue or burgundy colored bandana; this station ends early and you can move to other areas that need assistance; help pick up and/or cheer runners along the sidelines!

Cheer Gear – 6:45am

- This table will host fun give-aways and handouts for friends and family to help cheer on their friends, family and girls during the run. Volunteers should open boxes and display product and encourage spectators to take part in cheering. Give-aways could include cowbells, pompoms, megaphones, noise makers, etc;
- Volunteers should clean up area and condense empty boxes.

Happy Hair/Face Tattoo Station – 7:00am

- Starts as soon as GOTR runners arrive to check in... and they start to arrive early! Most popular & fast paced booth, handles all running participants by spray painting hair, and applying face tattoos
- Target audience will be wearing dark blue Girls on the Run or burgund Heart & Sole tees. Run Buddies wear corresponding colored bandanas
- Volunteers should reach out to these runners to encourage participation and get interest started
- **Volunteers wear non latex gloves and cover runners faces and clothing to protect from color overspray**
- Volunteers must be setup and ready to go by 7:00am, practice a few tattoos on each other BEFORE runners start arriving at approximately 7:30AM. Clean up area, condense trash and toss empty spray cans

Inspiration (Poster) Station – 7:00am

- Poster making station; supplies provided for all event attendees to make fun and colorful posters to help cheer on their runners on poster boards using colorful markers and stickers.
- Volunteers assist with creative ideas, keep track of supplies and discard unusable materials (dry markers, etc). Regroup usable and leftover materials and repack in bins after Girls on the Run 5k starts or interest slows down

Mean Stinks Station – 7:00am (Hosted by Quarles&Brady Law Firm)

- Anti Bullying station; Volunteers encourage all attendees (girls, boys, dads, moms, etc) to take the pledge to end bullying by signing the poster and paint the pinky blue.

GOTR Sales – 6:30am

- Sort and Setup merchandise for scholarship fund raising sales
- Manage & secure money bag
- Track inventory and “close shop” at the end of the run event; Deliver money bag to program coordinator.

Sparkle Runner (aka Volunteer Run Buddy) – 7:45am

- Sparkle Runners will be paired with a girl in need of a Run Buddy prior to event day if possible

- Sparkle Runners provide encouragement and support to their GOTR assigned girl throughout the 5k course and acts as a personal cheerleader for their buddy. The Sparkle Runner completes the 5k with their assigned buddy and expresses support and enthusiasm for her accomplishment!
- If we are not able to pair you up with a GOTR girl, Sparkle Runners are asked to run the 5k route at the very end of the line and monitor the course, target struggling runners and to be sure that all girls have made it through the finish line.
- **All Sparkle Runners must be at least 18 years old and must complete a background check.**
- Background check link provided upon registration completion and is no cost to you.

Course Monitor –6:30am (approximate time) Course Monitors must be in place PRIOR to the 8:00am 5k.

- There are several locations throughout the 3.2 mile course where runners will need to be guided. Course monitors are strategically placed in several areas throughout the course for direction control. You are encouraged to stop at the Inspiration stations early to make fun & encouraging posters during pre-run activities.
- Course Monitors will be directed to a designated Volunteer Coordinator for further setup instructions.

Water Stations –7:30am (Approximate time) Water Stations must be in place PRIOR to the 8:00am 5k.

- Volunteers are encouraged to stop at the Poster Station if possible to make a fun sign to encourage runners as they pass through
- 2 Water Stations are in remote areas of the course; volunteers should be in place to assure tents/inventory is protected and not disturbed pre & post run, until clean up volunteers are on site to pick up stations
- Course Monitors will be directed to a designated Volunteer Coordinator for further setup instructions.

First Aid/Command Station - Medical Staff – 6:45am

- TMC RN's, Wellness Department Interns and other medical staff, host First Aid Stations only

Finish Line Medals – 9:15am

- Designated volunteers will identify location of medals & ribbons and take to station
- Hand out medals or finisher ribbons to GOTR participants (girls, coaches, run buddies/Sparkle Runners) **only**;
- **5k medal** - Identify GOTR or Heart & Sole runners by their GOTR - Blue or Heart & Sole – Burgundy colored tees. Program participants wearing a #1 bib get a medal only.
- **Finisher Ribbon** – Identify a GOTR or Heart & Sole Run Buddy, Sparkle Runner or Additional family runner by wearing a blue or burgundy colored bandana and a #2 bib.
- All GOTR and Heart & Sole girls and coaches wear #1 bibs, all Run Buddies, Family Runners and Sparkle Runners wear #2 bibs.

**BE Tucson 5k and Health & Fitness Expo and
Girls on the Run Fall 2018 5k Presented by United Healthcare
Saturday December 1, 2018
Kino Veteran's Memorial Stadium - 2500 E Ajo Way, Tucson, AZ 85713**

6:30 - 7:15am: BE Tucson Runners start checking in; **7:30am:** 5k Men & Women start

7:00am Expo and vendor stations active

9:00am Girls on the Run of Tucson 5k Run

