



The Arc of Northern Virginia Corporate & Community Team Challenge
Sunday, May 5, 2019 - Burke Lake Park, Shelter A
"Going the Distance" for people with disabilities

To Volunteer, email us at: volunteer@thearcofnova.org

6-8 volunteers needed, **Set up:** Arrive at 6:00am sharp!!

Setting up our tents/canopies and tables -Carrying water bottles and hanging banners/signs -Creating our racer day look! r Bring your strong muscles! Some lifting required.

6 volunteers needed, **Traffic & Parking Lot Volunteers**, , from 6:00am – 10:00am

Ages 18 and older, groups welcome -Direct traffic to appropriate parking lot(s) -Hang banners to guide participants to registration area

4-6 volunteers needed, **Start & Finish Line Volunteers** from 7:30am-10:00am

Running experience helpful, but not required. You will direct runners to start line. Assist with staggering runners at start line (sub 6:00 min. mile runners at the front, then sub 6:00 min. mile runners next, etc.) Direct runners from the finish line to water tables and food table to avoid congestion at finish line.

12 volunteers needed, **Walking Course Volunteers** from 7:00am-11:00am

Great for corporate groups! Teams of volunteers stationed at strategic points along the walker's course to protect walkers from vehicle traffic, guide walkers along the course, and cheer on the participants.

5 volunteers needed – **Water Table Volunteers** from 7:00 am-11:00am

Water table volunteer hand water to the thirsty runners as they pass. These spaces are great for Corporate groups who want to volunteer together.

2 volunteers needed, **Medical Tent/Area** from 7:30am-12:00pm

Minimum requirement is CPR certified. Prefer RN, or EMT, or doctor, orthopedist would be great! The Fairfax Fire Department will be on call for any big emergencies.

6-8 volunteers needed, **Clean-up Volunteers** from 10:00am-12:00pm

Assist with breaking down tables, tents, collecting signage and traffic cones, cleaning up trash, and loading vehicles.