

Volunteer Job Description

Planning Committee Member

Help organize all areas of responsibility regarding 13th Annual March for Marrow 5K Run & Walk, The Woodlands. **CONTACT Stephanie Hamm**

Race Promotions (4-10 needed)

Handle marketing to running stores, Facebook, Twitter, Instagram and other social media. **CONTACT Stephanie Hamm**

Race Packet Pick-Up (2 for each event)

Verify registration, distribute t-shirts and goodie bags at location. **CONTACT Stephanie Hamm**

Site Set-Up (10 needed)

Set up tables, registration site, t-shirts, water stations, and pre-run/race refreshments.

Parking (4 needed)

Stationed in parking lots to direct runners and walkers to registration site.

Registration (8 needed)

Help with pre-registered walkers and runners, help with walk-up registrations for both the 5K and walk, pass out t-shirts and goodie bags.

Water Table(s) (4 needed)

Set up water table at turn-around for the 5K and for the walk; serve water to runners and walkers.

Course Monitors (24 needed)

Monitor course and assist runners/walkers where necessary (course directions, etc.). Collect signs as they return to site after run/walk.

Time Frame

Now through the end of the event

January 1-April 2, 2022

Thursday, March 31, 2022
Noon – 6:00 pm
Fleet Feet, The Woodlands

Saturday, April 2, 2022
6:00 am – 8:00 am

Saturday, April 2, 2022
7:00 am – 9:00 am

Saturday, April 2, 2022
7:00 am – 8:45 am

Saturday, April 2, 2022
8:30 am – 10:15 am

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8:30 am – 10:15 am



Sponsor & Vendor Assistants (2 needed)

Assist vendors with set up of materials/supplies. Meet them at their cars or trucks.

Saturday, April 2, 2022
7:00 am – 9:00 am

Cheerleaders (16 needed)

Stationed at intervals along the 5K route holding balloons and/or signs and cheer the runners and walkers; at the finish line, cheerleaders pass out Bravery bracelets.

Saturday, April 2, 2022
8:30 am - 9:45 am

Pre & Post Race Food/Refreshments (4 needed)

Set up and man the post race refreshments; clean up as necessary.

Saturday, April 2, 2022
8:00 am – 11:00 am

First Aid Station

Assist AAMDSIF personnel with use of the first aid kit.

Saturday, April 2, 2022
7:30 am - 11:30 am

Official Photographers (2 needed)

Capture the essence of 11th Annual March for Marrow 5K Run & Walk, The Woodlands.

Saturday, April 2, 2022
7:30 am – 11:30 am

Photographer's Assistants (2 needed)

Help the photographer by organizing the walk and run teams for photographs, carrying equipment as needed, and providing general assistance.

Saturday, April 2, 2022
7:30 am – 9:30 am and 9:30 am – 11:30 am

Brave Little Soles (3 needed)

Help Junior League Volunteers with children's activities.

Saturday, April 2, 2022
9:30 am - 11:00 am

Awards Ceremony and Moment to Remember (4 needed)

Help with setting up the awards and passing them out to runners.

Saturday, April 2, 2022
9:30 am - 10:30 am

Raffle Drawing (4 needed)

Help with setting up raffle items and providing security. Help with drawing.

Saturday, April 2, 2022
10:30 am – 11:00 am

Site Clean Up (15 needed; all hands on deck)

Help clean up the event site.

Saturday, April 2, 2022
11:00 am - noon