

### Volunteer Job Description

Stephanie Hamm, [stephanieforaamds@gmail.com](mailto:stephanieforaamds@gmail.com)

Ron Porter, [ronald.porter2020@gmail.com](mailto:ronald.porter2020@gmail.com)

Heather Porter, [hporter2@icloud.com](mailto:hporter2@icloud.com)

### Planning Committee Member

Help organize all areas of responsibility regarding 16th Annual March for Marrow 5K Run & Walk, The Woodlands. **CONTACT**

Stephanie Hamm, [stephanieforaamds@gmail.com](mailto:stephanieforaamds@gmail.com)

Now through the end of the event

### Race Promotions (4-10 needed)

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

January 15 to  
March 28, 2026

### Race Packet Pick-Up (2 for each event)

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

Thursday, March 26, 2026  
10:00 am-2:00 pm  
Fleet Feet, The Woodlands

### Site Set-Up (10 needed)

Set up tables, registration site, t-shirts, water stations, and pre-run/race refreshments. **CONTACT** Heather Porter, [hporter2@icloud.com](mailto:hporter2@icloud.com)

Saturday, March 28, 2026  
6:00 am – 7:30 am

### Parking (4 needed)

Stationed in parking lots to direct runners and walkers to registration site. **CONTACT** Heather Porter

Saturday, March 28, 2026  
6:30 am – 9:00 am

### Pre & Post Race Food/Refreshments (4 needed)

Set up and man the post-race breakfast/refreshments; clean up as necessary. **CONTACT** Heather Porter

Saturday, March 28, 2026  
7:00 am – 11:00 am

### 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. **CONTACT** Heather Porter

Saturday, March 28, 2026  
7:00 am – 8:15 am

### 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. **CONTACT** Heather Porter

Saturday, March 28, 2026  
8:00 am – 9:15 am

- 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.  
**CONTACT** Heather Porter  
Saturday, March 28, 2026  
8:00 am – 9:15 am
- Sponsor & Vendor Assistants** (4 needed)  
Assist vendors with set up of materials/supplies. Meet them at their cars or trucks. **CONTACT** Heather Porter  
Saturday, March 28, 2026  
7:30 am – 8:00 am
- Cheerleaders** (16 needed)  
Stationed at intervals along the 5K route holding signs and cheer the runners and walkers; at the finish line, cheerleaders pass out Bravery bracelets. **CONTACT** Heather Porter  
Saturday, March 28, 2026  
8:00 am - 9:45 am
- First Aid Station** (2 needed)  
Assist at AAMDSIF Table with use of the first aid kit. **CONTACT** Heather Porter  
Saturday, March 28, 2026  
7:30 am - 11:30 am
- Official Photographers** (2 needed)  
Capture the essence of 17th Annual March for Marrow 5K Run & Walk, The Woodlands. **CONTACT** Stephanie Hamm  
Saturday, March 28, 2026  
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. **CONTACT** Stephanie Hamm  
Saturday, March 28, 2026  
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. **CONTACT** Heather Porter  
Saturday, March 28, 2026  
8:00 am - 11:00 am
- Awards Ceremony and Raffle Drawing** (4 needed)  
Help with setting up the awards and passing them out to runners and help with drawing raffle tickets, providing security and documenting winners. **CONTACT** Bill Hamm  
Saturday, March 28, 2026  
9:30 am – 10:15 am
- Sponsor and Guest Introductions** (the same 4 above)  
Help Sponsors and guests who want to speak at M4M TX and who have information for the attendees  
Saturday, March 28, 2026  
10:15 am – 10:45 am
- Moment of Remembrance** (4 needed)  
2025 STAR, Singer and attendees **CONTACT** Heather Porter  
Saturday, March 28, 2026  
10:45 am – 11:15 am
- Site Clean Up** (15 needed; all hands on deck)  
Help clean up the event site. **CONTACT** Heather Porter  
Saturday, March 28, 2026  
11:30 am – 12:15 pm