



VOLUNTEER!

The Open Minds Walk and Run would not be possible without volunteer power! Since our event is expanding, we need more volunteers than ever this year. We need your help:

Before Event Day

➤ pre-registration

(3-4 hrs) hand out race kits to pre-registered runners and walkers at the 8537 - 109 Street Running Room location on any of the following dates and times:

- Friday, Sept. 5 4:00PM – 8:00PM
- Saturday, Sept. 6 10:00AM – 2:00PM / 2:00 – 5:00PM
- Sunday, Sept. 7 (event day) 8:30AM – 9:30AM

➤ promotion at Fringe Festival information booths

(4hrs) sit at display booths at the Fringe; hand out information about the SSA Edmonton & Area Chapter and the Open Minds Walk and Run on any of the following dates and times:

- Thursday, Aug. 14 – Sunday, Aug. 24 10:00AM – 2:00PM / 2:00PM – 6:00PM / 6:00PM – 10:00PM

➤ race set up

(3-4 hrs) help set up for the event in Hawrelak Park on the evening of Saturday, Sept. 6.

On Event Day

➤ walk & run check-in

(~2.5 hrs) register, collect pledges and hand out t-shirts to walkers, runners and teams.

➤ clean up

(~2 hrs) help tear down and clean up after event.

➤ race marshalling

(~2 hrs) sit at designated points on the trail and direct racers to the right path; cheer racers on!

➤ race water stations

(~2 hrs) fill and hand out cups of water to racers as they pass; cheer racers on!

➤ food

(~2 hrs) set up and stock breakfast and BBQ supplies.

➤ prizes

(~1hr) draw names and write down draw prize winners for display.

volunteers in these areas will be free to participate in the walk or race on event day.

volunteers in these areas will not be able to participate in the walk or race.

To sign up for any of the above, please call Kristina at (780) 428-2465 or email her at kristina@ssa-edmonton.com.