

## Responsibilities of Volunteers for NVSO Trail Race 5K

- 1) **Event:** Trail Race 5K
- 2) **Number of Volunteers Needed:** 5
- 3) **Location of Event:** Bluemont Park SOUTH Shelter, 329 North Manchester Street, three blocks north of Route 50.
- 4) **Event Director's Name:** Jay Wind
- 5) **Event Director's Contact Info:** email is [racedirector@att.net](mailto:racedirector@att.net) and cell # is 703-505-3567
- 6) **Time Commitment:** Race starts at 10 am
- 7) **Date of events:** September 23, 2023 (Saturday)
- 8) **Volunteer Duties:**
  - a. 2 to staff an aid station halfway out
  - b. 2 at the turnaround
  - c. 1 at the finish line
- 9) **Relevant skills/experience required:** Training and orientation provided by Event Director
- 10) **Volunteer Benefits:** e.g., T-shirt indicating Volunteer with Northern Virginia Senior Olympics

**Map of the 2023 course** can be found at

<https://nvso.us/wp-content/uploads/2023/06/NVSO-Bluemont-USATF-map.pdf>