

**Northern Virginia Senior Olympics (NVSO)**  
**2024 Volunteer Request Form**

- 1) **EVENT:** Event: Trail Race 5K
- 2) **Number of Volunteers Needed:** 9
- 3) **Location of Event:** **BON AIR PARK, 850 NORTH LEXINGTON STREET,**  
three blocks west of George Mason Drive  
on Wilson Boulevard to the bottom of the hill
- 4) **Event Director's Name:** Jay Jacob Wind
- 5) **Event Director's Contact Info:** racedirector@att.net # 703-505-3567
- 6) **Time Commitment:** Start line helpers arrive 9:00 AM  
**Course marshals and mid-course water station at their locations arrive at 9:45 AM and serve from 10:00 AM to 10:45 AM**
- 7) **Date of event:** Sunday, September 15, 2024
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):**

**NOTE: Volunteers will receive a Volunteer T-shirt indicating that they volunteered for the Northern Virginia Senior Olympics. Also, no relevant skills or experience is required as the Event Director will provide training and orientation.**

- a. At least 4 at the start / finish to setup for race and collect results (9 AM to 11 AM)
  - b. 2 serve at packet pickup at Bon Air Park – distribute t-shirts, safety pins, and bib numbers – I will bring bib numbers with RFID timing tags attached and explain the bib numbers. I will explain to registration volunteers what they need to tell each athlete what to do with their bib number. I will bring safety pins and bib numbers. Someone else will deliver t-shirts around 9:00 AM. Those same 2 serve at the finish line retrieving name tags and RFID chips at the finish line.
  - c. 2 to pour water and mix & pour Gatorade at Bon Air Park, and serve starting at 9:30 AM for the start and until at 10:40 AM at the finish. Fill water cups and mix Gatorade power with water and serve it in cups. I will bring Gatorade, a water cooler, stir stick, paper cups, and trash bags
  - d. At least 1 course marshal at Bon Air Trail junction with Custis Trail to tell everyone to turn LEFT on the way out and turn RIGHT on the way back. That point is marked by a brick circle and a drinking fountain. Course marshal notes the bib numbers at the back of the pack. Course marshal stays at Custis Trail junction at Bon Air Trail to tell everyone to turn RIGHT; course marshal stays at post until the bib numbers at the back of the pack make the turn
  - e. At least 1 course marshal at Bon Air Trail junction with Four Mile Run Trail (the sign incorrectly says “Custis Trail”) to tell runners to turn RIGHT onto Four Mile Run Trail on the way out and to turn LEFT back onto Bon Air Trail on the way back
  - f. Ideally, 1 at the small bridge near 1004 North Four Mile Run Drive at the junction with Four Mile Run Trail across the creek to provide water to runners both outbound and back. That volunteer can stop at Bon Air Park at about 9:00 AM to pick up my table, chair, and cooler
  - g. 1 at turnaround point at Benjamin Banneker Park near 6411 16th Street North.
- 9) **Relevant skills/experience required:** Training and orientation provided by Event Director by email and phone before the race and on race day.
- 10) **Volunteer Benefits:** e.g., T-shirt indicating Volunteer with Northern Virginia Senior Olympics

1.55 mi  
Distance

103 ft  
Elevation Gain

Run  
Activity Type

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