

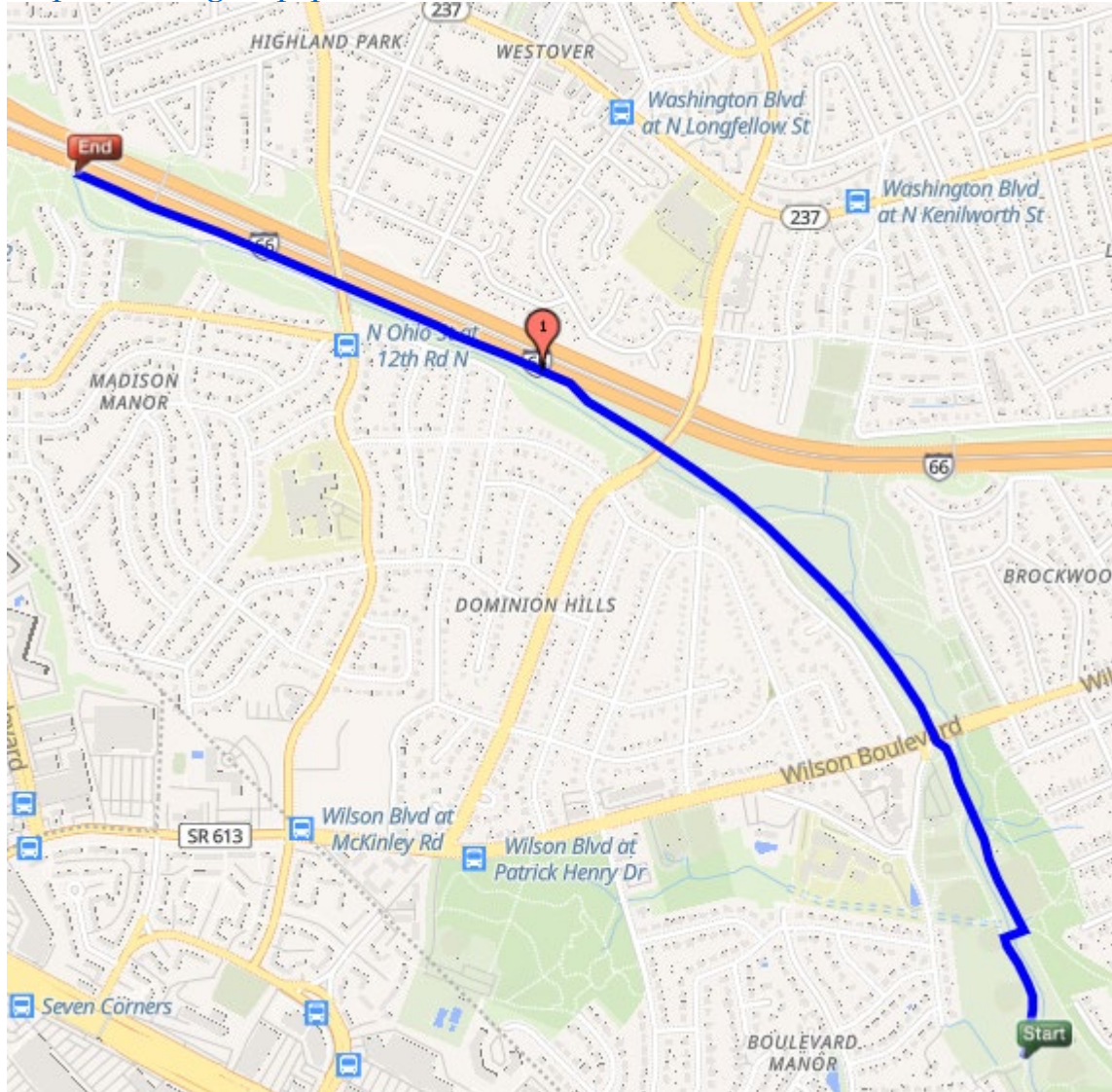
Northern Virginia Senior Olympics (NVSO)
2023 Volunteer Request Form
(Please complete a separate form for each event.)

1) EVENT:

5K Trail Run

Map of entire course

<http://www.gmap-pedometer.com/?r=7810308>



2) Number of Volunteers Needed:

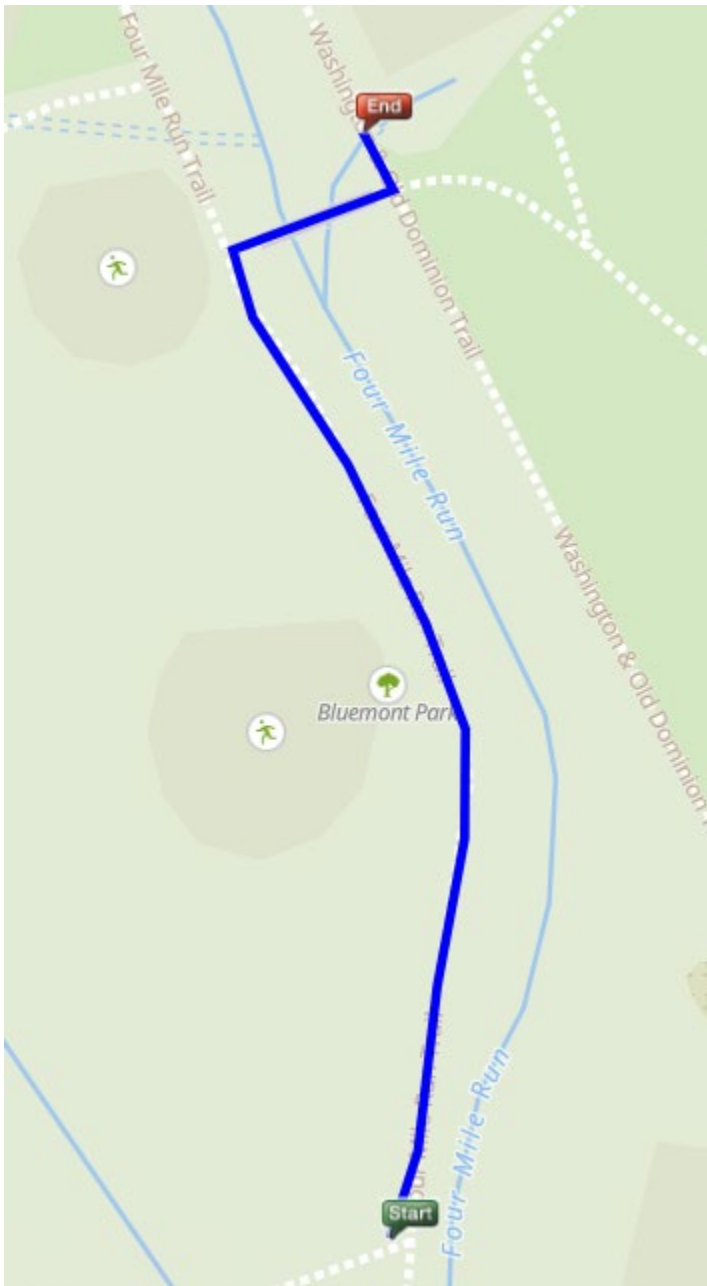
Total 8 – See #8) below

HOSPITALITY:

at Bluemont Park, 329 North Manchester Street, Arlington VA

ADDITIONAL COURSE MARSHALS:

Because of construction at Bluemont Park north shelter, we need two additional course marshals about 200 meters north of the start line. On the outbound, one marshal stays on the trail side of the short bridge, directing runners to turn right, and one stands at the W&OD side of the bridge, directing runners to turn left. On the return, one course marshal instructs runners to turn right across the bridge, and the other course marshal directs runners to turn left to return to Four Mile Run Trail.



SAFETY:

at Wilson Blvd underpass

MID-COURSE REFRESHMENTS:

Across the stream from 1004 North Four Mile Run Drive.

COURSE CONTROL:

at the turnaround point with cone

3) Location of Event:

Bluemont Park, 329 North Manchester Street, Arlington VA

Parking is free

Sign up at table on right side of parking area; race starts at the Milestone on the left of the parking area

4) Event Director's Name: Jay Jacob Wind

5) Event Director's Contact Info:

Phone 703-505-3567

Address: 611 South Ivy Street, Arlington VA 22204

6) Time Commitment:

Pre-race: about 4 hours

Race day: about 4 hours

Post-race: about 4 hours

7) Date of event:

Saturday, September 26, 2026 at 10:00 AM

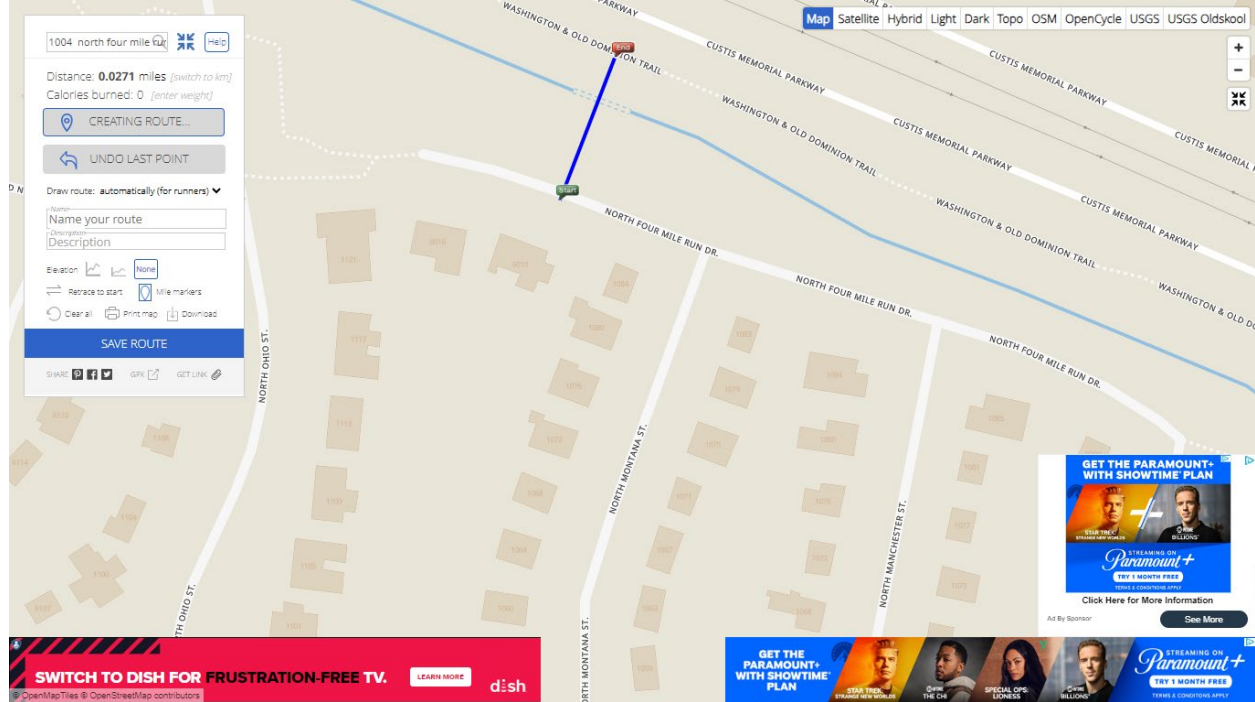
8) Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):

HOSPITALITY: 2 at Bluemont Park to help me set up timing, distribute t-shirts and bib numbers, and answer questions, then later to serve water and Gatorade to finishers. We need 3 gallons of water and 6 quarts of Gatorade, maybe also fruit bars or bananas

SAFETY: 2 at Wilson Boulevard underpass to provide direction going both ways. Exchange cell phone numbers with **Mid-Course Refreshments** you can call then to notify them when to expect the first runner and they can call you when to expect the last walker.

MID-COURSE REFRESHMENTS: 2 at the intersection of a path to the trail, to provide water and Gatorade

<http://www.gmap-pedometer.com/?r=7719405>



Approach from North Montana Street or North Manchester Street or North Four Mile Run Drive. Walk across a short bridge across stream from 1004 North Four Mile Run Drive to W&OD Trail

We need about 6 gallons of water and 3 gallons of Gatorade (which I can provide) and a folding picnic table.

Pour 40 cups of water and 30 cups of Gatorade.

Exchange cell phone numbers with **COURSE CONTROL** and call them when first runner passes with what bib number and when last walker passes with what bib number on the way out.

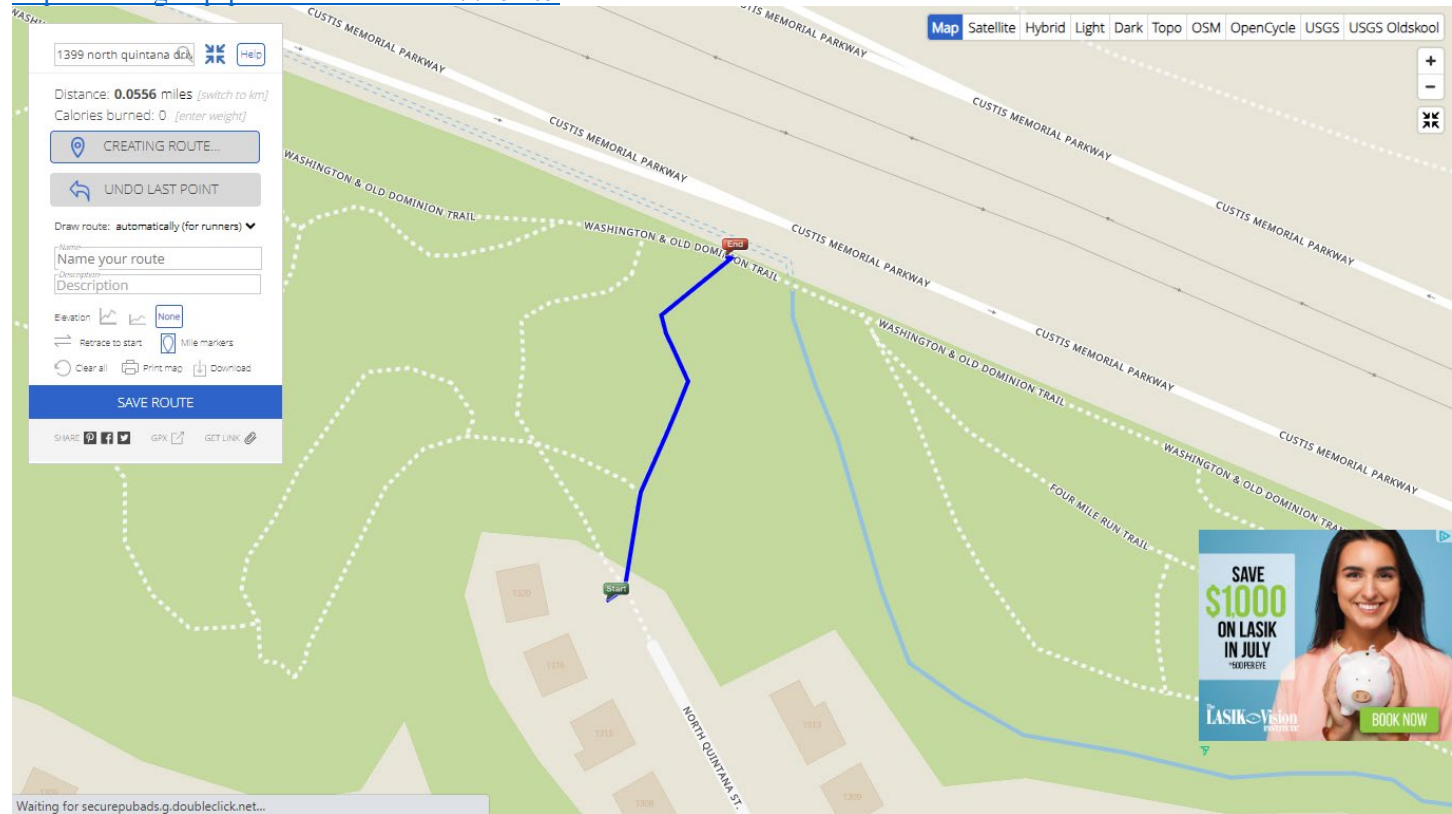
Call **SAFETY** after the first runner passes you and after the last walker passes you on the way back.

After the race, take down the signage, seal up the liquids, fold up the table, and come back to Bluemont Park to enjoy the refreshments.

COURSE CONTROL: 2 at the turnaround point with signage and a red safety cone. Exchange cell phone numbers with **MID-COURSE REFRESHMENTS** so they can call you to notify you when to expect the first runner and whom to expect as the last walker. Park at GPS address **1399 North Quintana Street** and walk a short distance on a path through the woods to W&OD Trail. Turnaround point is marked with a white |+|. Bring signage and cone. Position cone on top of the white |+|. Hold sign and instruct runners to stay on the right and turn left around the cone. Then take the signage and cone back to Bluemont Park to enjoy the refreshments.

Walking map to turnaround:

<http://www.gmap-pedometer.com/?r=7719409>



Map to turnaround:

<http://www.gmap-pedometer.com/?r=7719409>

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.