nutrition council FOOD ON THE RUN

5K & 10K Run/Walk
Saturday March 5, 2011 9:00 a.m.
Yeatman's Cove, Downtown Cincinnati

Help create a healthy future for our kids by joining the race against childhood obesity. Walk, run or cheer for those fighting to make a difference in the lives of Hamilton County youth. Your race support helps fund the Nutrition Council's childhood obesity prevention programs. For more information visit **www.nutritioncouncil.org**

The Strides of March is now Food on the Run – New Name, Same Great Race, Same Worthwhile Cause

Volunteers Needed!

Date: Saturday, March 5, 2011

Time: We need volunteers in shifts from 7 am – 12 noon
Race starts at 9:00 am

Location: Yeatman's Cove – 805 Pete Rose Way , Downtown Cincinnati

To Volunteer: Review the volunteer descriptions and sign up on attached form. Please note that you may be able to do more than one job assignment, such as registration and finish line, or registration and food. All volunteers will be contacted two weeks prior to event to confirm assignments and answer any other questions.

Thank YOU! As a thank-you, all volunteers receive a complimentary race shirt.

Job Descriptions

Registration (12 Needed) 7:00 am – 9:00 am
Checks in walkers and runners. Can still participate in race.

Mile Markers (7 Needed) 7:00 am – 11:15 am
Uses a stop watch to tell time runners/walkers time at specific mile markers. Stop watches will be provided at start of race.

Marshals: (13 Needed) 7:30 am – 11:15 am
You will help directs runners/walkers at key points on the course. Cheers on participants.

Water Stops (8 Needed) 8:00 am – 11:00 am
Hands out water to participants, keep water supply full, and cheer on walkers/runners. Good for children 8 and over with supervision.

Finish Line (2 Needed – can use from registration) 9:00 am - 11:15am
Collects participants tags and runs tags to race director.

Awards Table (4 Needed) 10:00 am – 11:15 am
Provides ribbons to participants for each age category winner (top 3 in each age division).

Food & Water (8 Needed) 8:00 am – 12:00 noon
Will help prepare food for runners, cut bagels, pour water, serve soup and other goodies.

Contact Jane Boback – jane@nutritioncouncil.org to volunteer or for more information.