



Make a difference by

Volunteering

MUCK IT UP! ADVENTURE RACE

Always held on the last Saturday of September

Volunteer Position	Description	Date	Time	Location
Pre-Race Course Set-up	Help set-up course on foot and bike *Must have bike	Day Before Event	8:00 a.m. – 4:00 p.m.	Outside, wooded areas throughout course
Race Day Course Check	Sweep course prior to race to ensure safety and course markers present	Day-Of Event	5:00 – 8:00 a.m.	Outside, wooded areas throughout course
Race Day Check-In	Help distribute race rules, bibs, t-shirts and answer questions on race day *Must have good communication skills	Day-Of Event	6:30 – 8:00 a.m.	TBD
Body Marker	Write bib numbers on racers' arms & legs	Day-Of Event	6:30 – 8:00 a.m.	Check-in Tent
Race Day Runner	Communicate race day changes that occur at Check-in to race timer	Day-Of Event	6:00 – 8:00 a.m.	Check-in Tent
Timing	Assist in tracking race times for race results	Day-Of Event	8:00 – 11:00 a.m.	Upper Bayside Park Finish Line
Kayak Marshal	Monitor kayaks prior to, during, and after race. Ensure racers wear PFD.	Day-Of Event	6:00 – 11:00 a.m.	Kayak Start & Finish, Location TBD
Trail Run Marshal	Monitor run portion of race, racers' safety and race rules are followed. Assist with course clean-up.	Day-Of Event	7:30 – 11:00 a.m.	Bayside Park & Location TBD
Bike Marshal	Monitor bike portion of race, racers' safety and race rules are followed. Assist with course clean up	Day-Of Event	7:30 – 11:00 a.m.	Bayside Park

OB Course Marshal	Assist in set-up, control OB zone during race, provide instructions to racers, monitor safety and clean up after	Day-Of Event	7:30 – 11:00 a.m.	Bayside Park
Main Transition	Area where racers will transition to different race segments. Maintain safety of MT zone, enforce MT zone rules, keep spectators out and oversight of racers' personal belongings. Help clean up after race <i>*Must have good communication skills</i>	Day-Of Event	6:30 – 11:00 a.m.	Bayside Park
Refreshments	Help prepare, stock, and monitor refreshment tables for participants after race	Day-Of Event	8:00 – 11:00 a.m.	Bayside Parks