

[Volunteer Form \(PDF\)](#)

If you or your group are interested in volunteering, we would love to have your help!

Volunteers are needed from 6:00 AM to 3:00 PM in the following areas:

- **Set up**

- **Registration**

- **Food area**

- **Finish line**

- **Clean up**

- **Aid stations (on course)**

- **Turn markers (on course)**

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Sweepers (on course)

Volunteers will receive commemorative event T-shirt & enjoy post race celebration.

Thank you ... we couldn't do it without you !!!