



Volunteer Role Descriptions

Kit Pick Up

Each registered participant receives a swag item and a bib with a timing chip which they will need on race day. Your role at Kit Pick Up is to cross-check the registration details and provide the appropriate race kit to the participant. You'll need to be ready to communicate, and work as a team in this role!

This fast-paced role will require you to be on your feet for most of your shift, so make sure you wear comfortable shoes!

Locations: Aerobic First (6166 Quinpool Rd) & Broderick Lane, Lower Five Islands

Parking Lot Support

In this role, you will direct vehicles to available parking spots, managing the flow of traffic and provide information or assistance to participants as needed. You will also help with setting up and tearing down signage, cones & barriers.

Location: Truck 2, Lower Five Islands & Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands

Bag Check

On race day, bag check volunteers will organize, collect and store participants backpacks and other items during the race. The process will be as follows: you will make sure the bags are marked with the participant's bib number. Upon pick up, participants will present their bib number to retrieve their items. This role requires a moderate amount of time standing up so be sure to wear comfy shoes! You'll need to be ready to be organized, work as a team and pay attention to details!

Location: Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands

Site Support

In this role, you will support many areas. Including, presenting medals, stocking our food table, greeting our participants and more!

Locations: Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands & Soley Cove

Course Marshal

These volunteers play a key role in keeping our participants headed in the right direction on the course. You will be assigned a location on course, and you will direct participants based on your course marshal instructions. An exciting role where you get to cheer participants on!

Location: Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands

Bus Line Up Support

You will welcome and guide participants as they board and exit the shuttle buses. Your main responsibilities include keeping the participants lines organized, answering basic scheduling questions, and ensuring a smooth, high-energy transit experience for the participants.

Location: Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands

Moses Mascot Support

You will be responsible for supporting Moses with photos and other needs.

Location: Five Islands Lighthouse Park, Broderick Lane, Lower Five Islands