

Volunteer Duties

Thank you so much for volunteering for The Seattle Kraken 5K!

To get in touch with the race director either before or during the race please call 206-330-5967

For any emergency situations please dial 911.

We will have a first aid tent set up near the finish line, for non-emergency medical issues

Race Day, October 3

Greenlake Park – Next to Community Center

7201 E Greenlake Drive N Seattle, WA 98115

Volunteer Check-In

7:45am – 9:30am

- Volunteers will be required to check in with you when they first arrive.
- You will have the master volunteer list with each person's assigned duties.
- You will have a list of Lead people for each major station so they know whom to check in with
- Hand them a volunteer shirt, a volunteer nametag
- If they are a course monitor, please give them an orange volunteer vest to wear so they can be easily seen.
- Make sure they know where they are supposed to go
- We will have some volunteer food and drink

Day-of Registration

8:00am – 9:30am

Please download the free app called Race Day Check in (green and white icon) before race day – we will give you the password when you arrive for your shift.

When someone arrives to sign up:

- There will be a QR code on the table, have them scan it and register on their phones.
- verify they have filled out all the information.
- See below for the rest of the process
- Hand them a shirt
- Check their wave start and hand them a wristband that corresponds to their wave.
- Remind them to take safety pins and to attach the bib to their front.
- Thank them and point them to the bathrooms, the start line and the gear check area.

Registration – Packet Pickup

8:00am – 9:30am

Please download the free app called Race Day Check in (green and white icon) before race day – we will give you the password when you arrive for your shift.

When someone arrives who has already registered:

- Someone will walk up to the table and you will ask for their last name. Type in their name to the computer/ipad/your phone and their info should pop up. Grab any bib from the pile (sequence does not matter), enter that number into the app. Click Check In
- Check their wave start and hand them a wristband that corresponds to their wave.
- Hand them a shirt.

- Remind them to take safety pins and attach the bib to their front side.
- Thank them for coming, point out the bathrooms, gear check and starting line
- Kids get a #1 bib, all other distances you can grab a numbered bib.

Gear Check

8:30am – 11:30am

- You will be in charge of storing everyone's gear, organizing it and re-distributing at the end of the race.
- When someone wants to check their stuff please hand them a bag that they can fill to their heart's content.
- Mark their bib number on the outside of the bag
- Organize it in whatever fashion makes sense to you
- If it is raining please place bags on top of tarp.
- When someone comes for their stuff just match their bib number with their bag.

Course Monitor

9:00am – 11:00am

- You will be directing runners and walkers to make sure they are going the right direction and cheering for them as they come through
- You will be taken to your position by the course marker and be given a course map
- There will be chalk (if not raining) and directional signs as well.
- When runners and walkers come by be enthusiastic and upbeat and point them in the right direction.
- There will be a sweeper that will come through with the last participants so you know when you can leave your station.
- Please collect all cones/signs in one pile when you leave your station
- You will be picked back up again shortly after the race finish. If you wish to walk back please let staff know you will not be needing a ride.

Start Line Helpers

9:15am – 10:15am

- You will be helping us keep our 9 waves organized.
- Each wave will be sent off in 5 minute increments.
- You will be given wave signs to hold in the festival area. Listen for the announcements from the DJ about when each wave is called up, when you hear that announcement wave your sign up and down and lead people over to the start line.
- Once everyone is in the start line, go grab the next wave sign and repeat.

Bike Lead

9:30am

- You will be leading the front runners out on the course to make sure they know where they are going.
- Warn other trail users that a race is coming.
- Please check in with the race director upon arrival to go over the course. She will also give you a sign to tape to your bike.
- You will be heading around Greenlake.
- There will be signs to guide you along the way.
- There is a gravel section at the end.

Finish Line Food**9:30am – 11:00am**

- You will be helping with food and beverage set up and passing out.
- Arrange snacks on table
- Ensure people are only taking one of every item.
- Hand out sample snacks
- Restock as the morning goes on.

Finish Line Medals and Water**9:30am – 11:00am**

- There will be tables with bottles of water and medals, set up shortly after the finish line.
- Congratulate people as they finish.
- Hand them a bottle of water and a medal.
- Make sure people are clogging up the finish area, ask them to move through.

Sweeper**10:10am**

- You will start with the last participants and walk with them (or slightly behind them) as they make their way around the 5K course.
- You will tell the course monitors that they are finished
- You will be in contact with the race director as to where the last participants are in relation to the finish
- You will have a radio to be in contact with race officials.
- Please encourage the last participants and make them feel special!

Beer Garden**10:00am – 1:00pm**

- You will be posted inside the beer garden making sure that tables are cleared
- Direct runners where to purchase beers
- You may be asked to help with taking payments if the lines get crazy.
- Help break down tables and chairs after we close the garden.
- Must be 21 or over for this job

Again, thank you so much for volunteering and making this event happen so we can raise a ton of money for The Kraken Hockey Fights Cancer Fund!

Have fun!