

SUNNYVIEW IN MOTION: VOLUNTEER OPPORTUNITIES



Thank you!! Volunteers are the key to a fantastic experience at Sunnyview in Motion!

- As a volunteer for Sunnyview in Motion, you will serve as an Ambassador of Fun – please bring a spirit of respect and joy to the event.
- Be prepared to answer all sorts of questions – Please familiarize yourself with the location of the start/finish; restrooms; [course map](#); [event schedule](#), etc.
- Please plan to wear your Sunnyview in Motion t-shirt during your volunteer shift.
- Your prompt arrival is vital to our success. Ideally, we would love for volunteers to be with us through the duration of the event, approx. 7am – 10am. If you cannot commit to the entire event, no problem, we can coordinate your volunteer assignment to accommodate your timing.
- If a conflict arises, please contact Catherine at catherine.gilbert@sphp.com so we can adjust our plan.
- Sunnyview in Motion is a rain or shine event. Please check the weather and dress accordingly.
- Children under the age of 8 may not participate as a volunteer. Children ages 8-14 must be accompanied by an adult volunteer.
- Pets are not allowed with you during your volunteer shift.
- Depending on race needs, volunteer assignments may be reallocated — please be flexible

May 10th – arrival time 10am Foundation Office, Sunnyview Hospital 1270 Belmont Ave, Schenectady

Packet Prep volunteers: (volunteers needed 2-4) 10am – 12pm. Duties include preparing racer packets; labeling participant bags and then stuffing with t-shirt, bib, safety pins and any related sponsor goodies; alphabetizing stuffed packets. Position requires some light lifting.

May 14th – arrival time 7:00am Pavilion, Central Park, Schenectady 500 Iroquois Path, Schenectady

Packet Pick-up table volunteers: (volunteers needed 4-6) This is the first stop for runners, walkers, and rollers as they pick up their race entry packet. Duties include handing out prepared packets which contain t-shirt, bib and pins; greeting participants with smiles; answering questions/providing race information. Position requires some light lifting.

On-site Registration table volunteers: (volunteers needed 2-4) This is the spot for runners who didn't pre-register for the event. Participants will register using their phones, paying with credit cards. Once registered you will assign them a bib number, give them their bib and race shirt, as supplies last, and compile a list of on-site registrants with correlating bib numbers for Catherine to pass off to AREEP.

Start / Finish line volunteers: (volunteers needed 2-3) Start Line: Move runners/ walkers/ rollers to the start line. Herd strollers and doggies to the rear of the pack; and cheer enthusiastically as participants cross the start line. Finish Line: The runners are happy to be done. Hand weary runner's cold bottles of water. Some are waiting for their friends/family to cross, keeping runners moving efficiently through finish line, directing runners towards the pavilion where they can take their finishers picture, and reconnect with friends. NB: the race starts and finishes from the same point. Duties may include, opening cases and restocking bottled water.

Course volunteers: (volunteers needed 8-10) Individuals are stationed throughout the course to direct runners and walkers, to keep them on course. Be sure to show your spirit, cheering is highly encouraged in this role! Depending on your course assignment, you may be asked to assist with mile marker sign placement/removal. Standing for long periods of time is required — jumping with excitement is encouraged.

Bike Marshalls: (volunteers needed 2) Leading the way to help the front of the pack navigate the course; and sweeping behind the last runners to alert course volunteers and water station attendants that it's time to break-down.

Water Station volunteers: (volunteers needed 2-4) Duties include half-filling cups with water, restocking cups throughout the morning, handing water to runners as they come by, and finally cleaning up the area (cups) when the last runner passes. Enthusiasm and standing for long periods are required.

Clean-up: (volunteers needed 6-10) Many hands make quick work when it comes time to wrap things up. We need volunteers to “sweep” the course to gather up race-day litter, dismantle the registration area and water station; and retrieve the mile markers. Duties include taking down signs, cleaning trash from the surrounding area. Standing, bending, lifting, and getting a bit dirty are all possible



2023 SUNNYVIEW IN MOTION VOLUNTEER SIGN-UP FORM

Sunday, May 14th
Central Park, Schenectady



Name(s): _____

Street Address: _____

City/State/Zip: _____

Email: _____ Phone: _____

T-shirt size:

- Small
- Medium
- Large
- X-Large
- XX-Large

I/we would prefer to serve as:

- Packet Pick-up
- On-site Registration
- Start /Finish Line
- Course Support
- Bike Marshall
- Water Station
- Clean-up

I/we wish to volunteer on the following:

- May 10th 10am at Sunnyview
- May 14th 7am at Central Park

Ideally, we would love for volunteers to be with us through the duration of the event, approx. 7am – 10am. If you cannot commit to the entire event, no problem, we can coordinate your volunteer assignment to accommodate your timing.

Please return registration form to:

Email: Catherine Catherine.gilbert@sphp.com or

Mail: Sunnyview Rehabilitation Hospital Foundation, 1270 Belmont Ave, Schenectady, NY 12308