



15<sup>th</sup> Annual **Swedish SummeRun**  
Sunday, July 26, 2009

*Benefiting the Marsha Rivkin Center  
for Ovarian Cancer Research*



**VOLUNTEER DESCRIPTIONS**

Please review this list and designate on the attached form which position(s) you are interested in.  
If you need additional information or have any questions, please call (206) 386-3357 or send  
email to [marnie.foust@swedish.org](mailto:marnie.foust@swedish.org).

**COURSE MONITOR**

**100 Volunteers**

**Time Commitment: 6:30 – 11:00am**

Assist with course set-up and ensure safety of the participants. Direct runners/walkers and control minor intersections as needed or as directed by the Seattle Police Department. **Cheer for and support all SummeRun participants!** *Requires standing for long periods of time. Maps and detailed course monitor instructions will be provided before the event.*

**WATER STATIONS**

**20 Volunteers**

**Time Commitment: 6:40 – 11:00am**

Man water stations on the race course. Fill cups, hand water to the runners, tear-down and clean-up area. **Cheer for and support all SummeRun participants!**

**POST- EVENT AREA**

**25 Volunteers**

**Time Commitment: 7:30 – 11:00am**

Set-up of signs, banners, tables, food product and then breakdown and clean up.

**VOLUNTEER CHECK –IN**

**3 Volunteers**

**Time Commitment: 5:45 – 8:30am**

Check-in volunteers and direct to their designated areas depending on volunteer position. Close down and clean-up check-in area.

**We look forward to working with you to make the SummeRun a success- Thank You!!!!**



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**VEHICLE DRIVERS (VEHICLES PROVIDED)**

**4 Volunteers**

**Time Commitment: 6:00 – 11:00am**

Transport water station volunteers and course monitors to drop off points on the course. Monitor the course during the race. Pick-up and transport volunteers after runners have passed back to the start area. *This position requires meeting with the volunteer coordinator 1-2 times prior to race day to become acquainted with the course, volunteer delivery and pick-up routes. Must be a Swedish Medical Center employee and have a valid Washington State driver's license.*

**REGISTRATION**

**20 Volunteers**

**Time Commitment: 5:45 – 8:30am**

Register race participants, distribute packets, T-shirts, runner numbers, etc. Tear-down and clean up the registration area.

**FINISH CHUTES**

**20 Volunteers**

**Time Commitment: 7:45 – 11:00am**

Help set up and break down finish chutes. Assist with pulling runner tags and spindle tags, timing runners, monitoring runners, misc. 4 Volunteers will serve as information helpers for race participants. Tear down and clean up of the finish area.

**INFORMATION ASSISTANCE**

**4 Volunteers**

**Time Commitment: 6:30 - 10:00am**

Serve as information helpers for race participants, give directions to all areas of race registration, donations, start line, water, etc.

**Notification of position with more details will be sent in early July.**

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**SummeRun Volunteer Sign-up sheet – Please return by July 10, 2009**

If you need additional information or have any questions, please call (206) 386-3357.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Volunteer Association: \_\_\_\_\_

Special Needs or comments: \_\_\_\_\_

After reading the volunteer job descriptions, please mark your 1<sup>st</sup> and 2<sup>nd</sup> choice

Description	Volunteers Needed	Time Commitment	1st Choice	2nd Choice
Course Monitor *	100	6:30 – 11:00am	<input type="checkbox"/>	<input type="checkbox"/>
Water Station *	20	6:40 – 11:00am	<input type="checkbox"/>	<input type="checkbox"/>
Post-Event Area *	15	7:30 – 11:00am	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer Check-In	2	5:45 – 8:30am	<input type="checkbox"/>	<input type="checkbox"/>
Vehicle Driver	4	6:00 – 11:00am	<input type="checkbox"/>	<input type="checkbox"/>
Registration *	18	5:45 – 8:30am	<input type="checkbox"/>	<input type="checkbox"/>
Finish Chutes *	30	7:45 – 11:00am	<input type="checkbox"/>	<input type="checkbox"/>
Information Asst	4	6:30 - 10:00am	<input type="checkbox"/>	<input type="checkbox"/>

\* These positions require a Lead Volunteer to assist the Volunteer Coordinator. Lead Volunteer positions require 1-2 meetings with the Volunteer Coordinator to discuss instructions and demonstrate responsibilities. If you are interested in being a Lead Volunteer, please check here.

**Please return to:** Volunteer Coordinator, Swedish Medical Center Foundation  
 747 Broadway  
 Seattle, WA 98122

Fax: (206) 386-2765 or Email: [marnie.foust@swedish.org](mailto:marnie.foust@swedish.org)

**We look forward to working with you to make the SummeRun a success- Thank You!!!!**