

# ★ HMEA's incred**ABLE**5K ★ walk ★ run ★ all-day family fun ★

## Volunteer Positions

### Set-Up Crew - 6:30am-9:30am

Help our event run smoothly by assisting with the logistics and setup of the event site. Tasks include setting up tables and chairs, placing signage, distributing materials, unloading trucks, putting out decorations, and so much more. This is a great opportunity for small or large groups to work together! This task can also be combined with other shifts on the day of the event, or allows you to participate in the race or community walk.

### Kids Corner - 9:00am-11:00am, 11:00am-1:00pm, or both

The Kids Corner is one of the busiest spots on incredABLE Day! Families and children of all ages participate in games, raffles, and other fun activities throughout the day. Volunteers are needed to supervise booths, games, or specialty food stations. Activities will include (but are not limited to) sports and games, cotton candy machine, popcorn machine, crafts, snow cones, and face painting; the second shift includes clean-up/breakdown.

### Route Cheerers - 9:30am-11:30am

Show your spirit and cheer along our walk route! Encourage our walkers and supporters as they complete their 5k walk route, and direct runners to stick to the race course. This is a fun, high-energy position to keep the crowd moving and energized. This is a great volunteer opportunity for families and groups!

### Food Tent - 10:30am-12:30pm

Help us feed our hungry attendees by assisting with the setup, preparation, and distribution of food to all participants at our 19th Annual 5k Walk/Run. Food includes hamburgers, hot dogs, pizza, water, juice, chips, and snacks. This is a fun opportunity for a group to work together!

### Clean-Up Crew - 12:00pm-2:00pm

After a busy morning and afternoon, it's time to make our event site - hosted by Dell - look all brand new! Tasks include stacking tables and chairs, collecting signs and materials along the route, collecting trash and recyclables, packing event materials, and loading trucks. Great opportunity for a small or large group to work together! This task can also be combined with other shifts - enjoy the event, participate in the run or walk, and stick around to clean up!

**Do you have another talent or ability that you feel would be useful at incredABLE Day? Contact us with your ideas!**

Contact Samantha Shepherd for more information

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Or visit [hmea.org/volunteer](http://hmea.org/volunteer) to complete a volunteer application today!