



**Volunteer Opportunities
National Capital Tour de Cure
Sunday, June 20, 2010**

Help a good cause! Be a part of something big.

*Enthusiastic & motivated volunteers of all ages & abilities are needed to support one of the area's largest community cycling events. All volunteers will receive a **free lunch & a special commemorative t-shirt. Stay tuned for the fun Kick off in May!***

Please fax or email to Alicia Geller at 202-331-1402 or ageller@diabetes.org.



YES, I want to be a volunteer!

Pre-Event

Sunday, June 13 - Friday, June 18, 2010

- Administrative Office Support
- Organize Supplies

Saturday, June 19, 2010

- Route Signage

Day of Event - Sunday, June 20, 2010

6am – 12pm (Early Riser)

Time varies-see below

- Route Signage (5:30am-6:30am)
- Set-up (5:30am-6:30am)
- Greeter (6am-9am)
(9am-12pm)
- Registration*** (6am-9am)
(9am-12pm)
- Food Server: Breakfast (6am-8am)

10am – 1pm (Mid Day Glory)

- Food Server: Lunch
- Cheerleader
- Street Crossing Guides

1pm – 5pm (Afternoon Wrap-Up)

- Cheerleader (1pm-4pm)
- Survey Collector (1pm-4pm)
- Street Crossing Guides (1pm-4pm)
- Event Clean-up (3pm-5pm)

Event Safety Volunteers***

Time varies-call for specifics

- Rest Stop (**5 stops**)
- Water Stop (**4 stops**)
- Emergency Communications
- First-Aid Response (**6 separate locations**)
- Motorcycle Patrol Marshal (**6 different Routes**)
- Bike Patrol Marshal (**6 different Routes**)
- SAG Wagon Driver (**6 different Routes**)

I am available: _____ a.m. to _____ p.m

*** Volunteers for these positions are required to attend a training session and will be contacted with more information.

Name: _____ **T-Shirt Size:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Home Phone# () _____ **Work#** () _____ **Cell #** () _____

Email (please print clearly): _____

I would like to start a Volunteer Team! _____

Take the Ride of Your Life
American Diabetes Association®
Tour de Cure
Volunteer Descriptions

DAY OF EVENT TASKS

Set-up/Clean-up Volunteers

- ❖ These volunteers will assemble and breakdown booths at the Reston Town Center Pavilion. We need volunteers that are able to lift 25lbs or more. This position is great for small groups of people high school age and older.

Greeter Volunteer

- ❖ Our greeters will be placed near registration to direct riders. Greeters will make sure riders go through the registration process in an orderly fashion. We need volunteers who are friendly and good at helping people.

Registration Volunteer

- ❖ Our Registration Crew will organize and run the registration booth. They will get materials from the riders, check them in, provide them with their rider bib, and direct them to their next steps. This role requires patience and focus, but is critical to the success of the Tour de Cure! We need volunteers who are patient and up-beat, and will keep the registration table and operations organized and running smoothly.

Route Signage Volunteer

- ❖ Our signage crew will drive around sections of the route in groups to place directional signs for the riders. We need volunteers who are organized, work well in groups and can read maps well. Volunteers will be needed that have reliable transportation with extra space for large signs. Our signage crew will report on the eve of Tour de Cure on Saturday, June 19th.

Cheerleader Volunteers

- ❖ Our cheerleader crew will be given pom-poms, hand clappers and cowbells to cheer on riders! The cheerleader crew will energize and motivate our riders at the start/finish line and at rest stops along the route. This volunteer position is great for groups and supporters of all ages.

Event Safety Volunteers

- ❖ Our route crew volunteers will help to direct riders at certain points on the route and to patrol portions of the route to keep track of the riders' progress. Volunteers with the route crew will be assigned to unique positions along the route. These positions follow:
 - **SAG Wagon Driver** - these volunteers will drive around the route to pick up tired riders.
 - **Bike Patrol Marshal**- these volunteers will patrol portions of the route on their bikes.
 - **Motorcycle Patrol Marshal**- these volunteers will patrol portions of the route on their motorcycles.
 - **Emergency Communications**- these volunteers will be assigned to a rest stop or the event site to communicate with marshals and report safety incidents along the route. ****Cell phone or HAM Radio use required****
 - **First-aid Response**- these volunteers will be assigned to a rest stop or a SAG vehicle to administer basic first-aid to riders in need. **** Must be first-aid certified****

ADDITIONAL VOLUNTEER OPPORTUNITIES:

In addition to helping out on event day, we have ongoing volunteer opportunities including:

- ❖ **Buzz Crew events** (contact for Buzz Crew is Kristen Avioli, kavioli@diabetes.org or (202) 331-8303, ext 4532)
 - Volunteers will hand out Tour info, and get people excited and informed about Tour!
- ❖ **Health Expo events**
 - Volunteers will man tables and inform people about the ADA and Tour
- ❖ **In-office help and preparation pre-event**
- ❖ **Gathering volunteers!**
 - We'll need First-Aid Response and Safety Volunteers on event day (great for Certified or Registered Nurses and EMTs), as well as Cheerleaders (perfect for students and youth groups to complete community service hours)!