



THE FAST + THE FURRIEST: 5K
Volunteer Sign-Up Sheet
SEP 20, 2025, HOWELSEN HILL LODGE

Course Markers (7:00-9:00 a.m.) - 2 ppl for 5K | 2 ppl for 1 Mile

Name	Phone	Email
Ryan Larson (5K)	303-877-4429	rlarson@routthumane.org
Natalie Larson (5K)	303.328.5222	naalarson@hotmail.com
Richard Passavant (1k)	847.910.5966	richard@passavants.net

Set up Crew (7:00- 9:00 a.m.) - 6-7 ppl for tent set up, water monster set up, snack/refreshment table

Name	Phone	Email
Elaine	970-381-3439	ehicks@routthumane.org
Mike Nartker	970-870-3199	nartker1300@comcast.net
Glenis Levine	412-302-3017	glenislevine@icloud.com
Glen Levine	412-303-6042	gl.levine@icloud.com
Kiyomi	970-819-2346	kiyomi@routthumane.org
Dana Colgan	970 819 1216	dcolgan23@hotmail.com
Don Schwartz	970 819 8477	donnierocky@hotmail.com



Ball Drop Set Up, Release, Collection & Recording (8:30 - 11 a.m.) 4 ppl

*These individuals will be in charge of taking all of the tennis balls to the top of the 30 meter jump and holding them there until they are released, marking the beginning of the event. These people will also be responsible for recording the balls that make it into each net and picking them up.

<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Jennifer Grathwohl (Tennis Ball Drop Director)</i>	<i>573-836-0515</i>	<i>jgrathwohl@routthumane.org</i>
<i>Sarah Katherman</i>	<i>970-819-6166</i>	<i>sbkatherman@routthumane.org</i>
<i>Mia Goodson-Cutler</i>	<i>970-819-6694</i>	<i>miagc7938@gmail.com</i>
<i>Evie Fisher</i>	<i>970-819-0420</i>	<i>evieafisher@icloud.com</i>

Directing Racers to the check-in table (8:30-10:30 a.m.) -

<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Nick Belz</i>	<i>970 846 0493</i>	

Checking in Racers (8:30-10:30 a.m.)

<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Mary Gills</i>	<i>9708463747</i>	<i>mgills327@gmail.com</i>
<i>Karl Gills</i>	<i>9708464326</i>	<i>gillskarl@gmail.com</i>
<i>Sandy Moore</i>	<i>970-217-8842</i>	Sandymoore46@gmail.co



Mike Moore	970-217-8785	
Jessica Koppe		Jessica.Koppe@edwardjones.com

Checking in Ball Drop (8:30-10:30 a.m.)

Name	Phone	Email
Linda Liman	970-291-9257	linda@elzorentals.com
Sarah Larson	970-846-0308	sarah24larson@yahoo.com
Tommy Larson	970-846-0406	tommy58larson@gmail.com

On-Course Volunteer Director (7:00-9:00 a.m.) - 1 person will walk 5K and show volunteers where to be

Name	Phone	Email
Ryan Larson (5K)	303-877-4429	rlarson@routthumane.org

On Course volunteers - 4 (9:15 - 11:00 a.m. will be stationed throughout the course to assist if needed, set up dog water bowls on course) *1 person to be stationed at base of Alpine Slide to help direct traffic

Name	Phone	Email
Kaley Meagher (and daughters)	303-921-7896	kaleymeag27@gmail.com
Alex Osias	720-839-6487	aeosias@gmail.com



Tiffany Osias	720-560-1283	tiffanyosias@gmail.com
Heather Beck	801-824-1690	Heatherbeckk9@gmail.com

Course Sweepers (11 a.m.-1 p.m.) - 2 ppl for 5K and 1 mile route (take down signage along the course route)

Name	Phone	Email
Emily Coe	303-718-4081	

Volunteer EMT (10 – 12 p.m.) Must be licensed and certified

Name	Phone	Email
Justin Bawden		

Snack Tent and Refreshments (10:30 – 12:30 p.m.)

Name	Phone	Email
Susan Viet	3019084902	susanviet@hotmail.com

Prize Table (10:30 – 12:30 p.m.)

Name	Phone	Email



<i>Marsha Soriano</i>	<i>Size small shirt!</i>	<i>marshagsoriano@gmail.com</i>

Clean up Crew (12 – 2:00 p.m.)

<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Elaine</i>		
<i>Susan Viet</i>	<i>3019084902</i>	<i>susanviet@hotmail.com</i>
<i>Kiyomi</i>	<i>970-819-2346</i>	

Photographer

<i>Name</i>	<i>Phone</i>	<i>Email</i>
<i>Richard Passavant</i>	<i>847.910.5966</i>	<i>richard@passavants.net</i>