

FLRC Volunteer Tasks and Attributes

Race Volunteer Tasks

Are there particular tasks you'd prefer to do at races?

- **Aid station:** On warm summer days, our races provide aid stations with water and Gatorade so runners can stay hydrated. In longer races, we might have snacks and other food available too. Working at an aid station involves setting up tables, filling cups, picking up dropped cups, helping the occasional runner by refilling a water bottle, and generally cheering and being supportive.
- **Bib pickup:** This task is simultaneously simple and essential, and it requires focus and precision. When a runner comes to pick up their bib, you have to ask them for their last name, find their labeled bib in a stack, and give it to them. For Skunk Cabbage and Finger Lakes 50s, we usually organize pre-race bib pickup events the day before the race, so bib pickup can be a way to volunteer for those races even if you're running.
- **Clothing sales:** We often have FLRC-logoed clothing to sell at races. This job entails being careful about tracking sales and inventory, using our Square Reader to take credit card sales, and assisting runners with choosing appropriate sizes.
- **Course marking:** For trail races, we always mark the course with flagging tape, signs, and sometimes flour on the ground. For help with course marking, we're looking for people who are highly familiar with a course (or want to accompany someone who is), can imagine how runners might get confused at turns (and mark to prevent that), and have some time to run it a day or two before the race.
- **Course marshall:** When races cross roads or have particularly gnarly turns, we position a course marshall at that spot to manage traffic, warn runners about cars, and make sure everyone stays on course. You'll get a safety vest and flag to wave. As with working at an aid station, it's also great to cheer for the runners as they go through.
- **Food prep:** Everyone's hungry after a race, but we need people to buy and prepare food, and keep the food tables stocked as runners cruise through the fruit and other snacks.
- **Setup and teardown:** Putting on a race involves a lot of gear: tables, water coolers, flags, signs, tents, and more. If you like to work behind the scenes, we can always use help in setting everything up before the race and tearing it all down afterward.
- **Sweeping:** The course sweeper starts after the runners have been out for a bit (or after the race) and runs the course to make sure that no one is left on the course. It's a great job if you're looking for more miles or don't want to run hard at a race. In addition, course sweepers often pick up course markings as they go.

- **Timing and finish line:** For our road and trail races, we rely on a smartphone-based timing system called Webscorer, and for our track meets, we use HyTek Meet Manager and a Time Machine for timing. If you're good with technology, a stickler for accuracy and precision, and able to stay calm under pressure, you'd be a great addition to our Timing Team. We'll teach you everything you need to know, and we have a lot of fun socializing and cheering for runners.

Other Skills and Experience

Along with enthusiasm and a passion for running, do you have any particular skills or work experience that you might be able to use for the club?

- **Art:** For some of our races, FLRC designs and prints T-shirts and other pieces of swag. If you're an artist interested in creating striking artwork, we'd love to showcase your talent.
- **Coaching:** FLRC organizes various workout groups that could use coaches to design and direct workouts. RRCA or USATF certification is a plus, but not necessary.
- **Development and sponsorship:** Some of our races defray their costs through sponsorships from local, regional, and national businesses. If you have experience with business development, fundraising, or corporate relations, we can use your help.
- **Diversity and inclusivity:** FLRC's Diversity Committee is always looking for more diverse voices, input, and energy to work on projects that aim to encourage more participation from underrepresented minorities.
- **Financial and accounting:** FLRC is a non-profit, but we have a reasonably significant cash flow and regularly donate to further our mission.
- **Graphic design and layout:** We create numerous print posters and other marketing pieces for our races, so we can always use help with design and layout. Experience with the Adobe or Affinity suite of tools would be a plus.
- **Web and IT:** Modern non-profits like FLRC need a significant online presence. We can use people who have experience running Web sites, managing community forums, or wrangling the technology behind such systems.
- **Legal:** We'll hire a lawyer when necessary, but legal experience can help in discussions surrounding navigating government regulations, insurance coverage, and liability.
- **Marketing, PR, and social media:** This is a big one—we need to get the word out about our races, group runs, and other events, so our Communication Team can always use help with marketing, PR, and social media promotion.
- **Media creation: photos and video:** We live in a multimedia world, and we'd love to showcase more of what's happening in the local running scene with photos and video. If that's your passion, let us know.

- **Non-profit governance:** When we start recruiting for open board seats, one of the things we're looking for is experience on other successful non-profit boards.
- **Philanthropy:** FLRC donates to a number of local running-related organizations every year, and our Philanthropy Committee is starting a grant program in 2022 to support additional running initiatives. Experience in this world would be welcome!
- **Physical therapy and exercise science:** Injuries are a fact of life for runners, and FLRC puts on programs aimed at helping runners reduce injury risk, stay in shape while injured, and recover from injuries. With more volunteers who have experience in these fields, we could do more to help.
- **Race and event coordination:** We put on numerous races every year, and we're expanding our social group runs and other educational programs. If you like organizing events, we'd love to have you helping out on our Events Team!
- **Writing and editing:** Keeping local runners informed and engaged involves a lot of writing and editing. The more voices we have on our Communication Team, and the more eyes we can put on text to ensure accuracy and clarity, the better! Experience with Google Docs collaboration is a plus here.
- **Youth programming:** Our track meets have become popular with young runners from all around the Finger Lakes, and we have close ties with local scholastic coaches and youth running programs. If you're interested in encouraging youth to run, let us know.