



**Lund Family Center Mother's Day Ride
Volunteer Opportunities
Saturday, 5/8/10 and Sunday, 5/9/10**

Come be part of our volunteer team....Contact Mandy Sugrue at Lund Family Center for information: 802.861.2585; mandys@lundfamilycenter.org

Set-Up Crew– Assist with setup at Rice Memorial High School over event weekend – Saturday, 5/8 between 12noon – 4pm and Sunday, 5/9 between 5-9am.

Course Set-Up Crew Assist with pre-event course setup of two courses on Sunday, 5/9 between 5-8am to include installation of signage, cones, course marking and rest stop setup. Assist with course setup for family ride bike path course at 8am.

Registration Assistants – We will offer registration services on Saturday and Sunday at Rice Memorial High School, Saturday, 5/8 12:30 – 4:30pm and Sunday, 5/9 6am – 10am. Assist with event registration for new registrants and check-in pre-registered riders and provide them with their bib and ride gear.

Course Monitors (must be 18-years-old or older) – Provide assistance on the courses to ensure participant, volunteer, and spectator safety and enjoyment during the events, primarily at intersections. To include rider directions and support, traffic management and maintenance of designated areas. A variety of positions and time frames available throughout Chittenden and Addison Counties.

Parking Attendants – Assist with parking on-site at Rice Memorial High School. 5/9 6:30am – 2pm.

Information Assistants – Assist participants and spectators with questions and navigation around the school grounds and building. Keep boundaries within the school so that people are only in the permitted areas. 5/9 6:30am – 2pm.

Start / Finish Assistants – Provide organization and systemization at the start for the three events. Coordinate with course monitors on Proctor Avenue. 5/9 7:45am – 1:30pm.

Rest-Stop Assistants – Provide support and service at rest stops for the riders. Setup the station with drinks and food items. Keep area clean throughout the day and cleanup the area once the sweeper comes through to officially close the course. 5/9 8:30am – 1pm.

Green-Up Assistants – Provide green up and clean up services though out event day on the school grounds – interior and exterior. Keep trash and recycling barrels and bins emptied. 5/10 8:00am – 2pm

Post-Event Clean-Up Crew – Assist team with cleanup at Rice Memorial High post-event, 5/10 2-4pm. Our goal is to leave the grounds cleaner than when we arrived.

Course Clean-Up Crew – Cleanup courses directly behind the sweeper which officially closes each section of the course as the last bikers go through. Break-down and pickup all signage, cones, course marking, rest stop detail and trash and recycling. 5/9 10am -2pm

Lead Bikers – Four bikers or pairs of bikers to lead each ride – 10-mile, 16-mile, 30-mile, 55-mile, and approximately 4-mile family ride, primarily on the bike path. Must carry a fully charged cell phone.

Trailing Bikers – Four bikers or pairs of bikers to trail each ride – 10-mile, 16-mile, 30-mile, 55-mile and approximately 4-mile family ride, primarily on the bike path. Provide support to any riders needing assistance. Must carry a fully charged cell phone.

Sweeper – Each ride will have a sweep vehicle driving behind the trailing bikers to officially close the course and be sure that all riders are accounted for - 5/9 8am -1:30pm