

Breakfast Set-Up & Server: Ages 14+

Location Note: Check in at the Volunteer Booth at Ann Morrison Park.

Volunteers will be responsible for set up, pre-bagging of breakfast items, serving the items (water, coffee and breakfast bags) and clean up.

Available shift on Saturday, 9/24/16: 6:00 am to 12:00 pm

Health Care High Fives: Ages 16+ (NO CHILDREN!)

Location Note – NEW LOCATION FOR 2016: Check in at the parking lot to the east of the Boise Train Depot building (2603 W. Eastover Terrace).

This group of volunteers will be the FitOne cheering section offering "Health Care High Fives" for participants as they round the turn having just come up the hill to the Boise Train Depot. High energy, cheerful volunteers are needed. This job is open to health care workers of any kind, high school students over 16 years old or college students, and includes a pair of bright-colored, FitOne-branded scrubs. For the safety of all, please do not bring children to this volunteer job and volunteers need not impede the forward movement of runners and walkers on the course.

Available shift on Saturday, 9/24/16: 7:00 am to 11:30 am

Finish Festival Green Team: Ages 12+

Location Note: Check in at the Volunteer Tent at Ann Morrison Park.

Volunteers will set up trash boxes and recycling bins in Eco Stations around the park. Volunteers will encourage attendees to use the bins and help educate on proper sorting right at the point of disposal. Volunteers ages 18+ will transport both trash and recyclables via golf carts and mules to the appropriate dumpsters.

Available shift on Saturday, 9/24/16: 7:30 am to 12:30 pm

Sweep Team: Ages 18+

Location Note: Sweep team meets at the NE corner of Bannock St. and Capitol Blvd. Assemble immediately afterward the final wave of the 5K (orange) is released

Duties include cleaning up the course following the final participant. This includes tying full trash bags, emptying trash cans, picking up and loading equipment into trucks/trailers, rolling flagging and signage. Sweep moves along the course, you will be walking/moving the entire shift

Available shift on Saturday, 9/24/16: 9:30 am to 12:00 pm

Depot Water Station: Ages 12+

Location Note: Check in on the Boise Depot Plaza (2603 W. Eastover Terrace)

Volunteers will be setting up the water station area, which means preparing cups of water for participants prior to the start of the event. Volunteers are responsible for handing out water during the events and general clean-up post-race.

Available shift on Saturday, 9/24/16: 6:00 am to 11:30 am

5K - Course Marshal Section 1: Ages 18+

This is our most important race day job! Course marshals keep participants safe and vehicles off the route. They need a firm but pleasant attitude in approaching drivers. Course marshals might not be stationed directly on the route and will be on their feet the duration of the shift. Marshals will be asked to set-up equipment/flagging at certain intersections, answer questions and offer alternative routes to drivers, cheer participants, and be aware of surroundings. Once the event is over, pull down area equipment/flagging and check in with your section leader prior to leaving.

Available shift on Saturday, 9/26/15: 5:30 am to 11:00 am

5K - Course Marshal Section 2: Ages 18+

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Available shift on Saturday, 9/26/15: 5:30 am to 11:00 am

5K - Course Marshal Section 3: Ages 18

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Available shift on Saturday, 9/26/15: 5:30 am to 11:00 am

5K - Course Marshal Section 4: Ages 18+

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5K - Course Marshal Section 5: Ages 18+

Location Note: Please meet at NW corner of Crescent Rim Dr. and Morris Hill

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5K - Course Marshal Section 6: Ages 18+

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10K – Course Marshal Section A: Ages 18+

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10K – Course Marshal Section B: Ages 18+

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Available shift on Saturday, 9/24/16: 5:30 am to 11:00 am

Half Marathon – Course Marshal Section C: Ages 18+

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Half Marathon – Course Marshal Section D: Ages 18+

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Available shift on Saturday, 9/24/16: 5:30 am to 11:00 am

Half Marathon – Course Marshal Section E: Ages 18+

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Available shift on Saturday, 9/24/16: 5:30 am to 11:00 am

Half Marathon – Course Marshal Section F: Ages 18+

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Available shift on Saturday, 9/24/16: 5:30 am to 11:00 am