



May 28-31 – San Diego, CA

The 12<sup>th</sup> annual Rock 'n' Roll Marathon is being held this year, and we need your help! In the past 11 years, the Rock 'n' Roll Marathon has helped raise over \$134 million for The Leukemia & Lymphoma Society, and has also had a significant positive economic impact on the City of San Diego. Please come join us May 28-31 to help support these great partners, we cannot do it without your help!

**Benefits of Volunteering:**

- Race crew t-shirt
- Race goodie bag
- Chance to **win** gifts from P.F. Chang's, Sugoi, Rock Spa, House of Blues and more!
- Fulfill community service hours
- You'll have a **great time!**

**Available Shift Times:**

Thursday, May 28 Expo Setup: 10:00am – 3:00pm

Friday, May 29 Expo Shift 1: 10:00am – 3:30pm

Friday, May 29 Expo Shift 2: 1:30pm – 7:00pm

Saturday, May 30 Expo Shift 1: 8:00am – 1:30pm

Saturday, May 30 Expo Shift 2: 12:00pm – 6:30pm

Sunday, May 31 Start Line: 4:00am – 10:00am

Sunday, May 31 Finish Line: 6:00am – 2:45pm

Sunday, May 31 Relay Site 1: 5:30am – 9:00am

Sunday, May 31 Relay Site 2: 5:30am – 11:00am

Sunday, May 31 Relay Site 3: 5:30am – 1:00pm

## **Potential Volunteer Duties:**

### Health & Fitness Expo:

- Issue registered runners their sacred race numbers!
- Distribute race participant technical t-shirts
- Hand out hefty race participant goodie bags!
- Greet, smile and inform participants

### Start Line:

- Set up runner corrals and manage
- Provide refreshments to the running masses!
- Bus unloading
- Course Marshals
- UPS Gear Check

### Finish Line:

- UPS Gear Pickup
- Handing out long awaited medals!
- Handing out much needed refreshments and food!
- Shuttle assistance
- Info booth

### Relay Transition Sites:

- Guide relay teams to correct transition zones

## **Locations:**

Expo: San Diego Convention Center, Halls B2 & C  
Start Line: 6<sup>th</sup> Avenue and Palm Avenue, Balboa Park  
Finish Line: Marine Corps Recruit Depot, Point Loma  
Relay Sites: Course Transition Zones, TBD

**To sign up:** <http://www.rnrmarathon.com/volunteer.html>

**For more information:** Please email [volunteersd@eliteracing.com](mailto:volunteersd@eliteracing.com), or call 858-518-9966