

# 5K Cheer & Water Station Volunteer

Thank you for your interest in volunteering with Health Care for the Homeless! As a volunteer, you're working to help our neighbors without homes secure better health and a safe place to call home.

## Key responsibilities

- Pre-fill water cups and give water to racers
- Ensure music is playing from rock blockers (music provided)
- Participate at cheer stations (be loud and excited!)
- Collect cups on the race track after runners have used them
- Staff the race village

## Day-of details

Cheer and Water Station Volunteers will check in at the volunteer table at **8 a.m.** and receive a t-shirt and volunteer packet with all the details for the day. They'll work alongside—and support—Health Care for the Homeless staff members and have a chance to join us for a post-race party!

## Ready to volunteer?

Please contact Lauren Ojeda: [lojeda@hchmd.org](mailto:lojeda@hchmd.org) | 443-703-1464

**Lake Montebello Park**  
**Saturday, November 4, 2017**  
**8–10:15 a.m.**  
*Race start time: 9 a.m.*

