

NJ Sharing Network 5K Volunteer FAQs

If your question is not addressed here, please feel free to contact us at volunteers@njsharingnetwork.org.

All materials specific to each 5K location can be found at NJSharingNetwork.org/5K-Volunteers.

Who can volunteer?

We allow volunteers age 16 and older. Volunteers under the age of 16 must be accompanied by an adult for the duration of their assignment. You do NOT need to be a NJ Sharing Network Certified Volunteer to volunteer at the 5K. **All volunteers must sign and submit a participant waiver at check-in on event day (if it wasn't submitted prior to the day of).**

Can I volunteer at multiple event locations?

Yes! You can volunteer for one location, or both! You will need to register to volunteer for each location separately. Please see dates and locations below:

May 17 – 5K Walk & USATF Certified Race | Great Lawn at the Ocean Promenade, Long Branch, NJ

June 7 – 5K Walk & USATF Certified Race | NJ Sharing Network Headquarters, New Providence, NJ

Can I volunteer with a group?

We are happy to have volunteer groups, small or large! Make sure all members of your group type your **Group Name** in the corresponding field during the registration process. We will do our best to keep everyone in a group together when assigning volunteer stations.

How do I sign-up?

You can sign up to volunteer at NJSharingNetwork.org/5K-Volunteers. Click on the **Event Location** you'd like to volunteer for, then enter the number of volunteers that you are signing up in the **# of Volunteers** field (Note: this applies only to Volunteer Groups). Click **Continue**, and enter the information required for each volunteer. You will then be prompted to enter your **Sign Up Options**. Once volunteer registration is complete, you will receive a confirmation email with event information. **Please note that participant registration for the walk/run is entirely separate.**

What is the pre-event day webinar?

All volunteers are encouraged to participate in a pre-event day webinar to ensure they are comfortable and flexible in their assignments. Registration information for each webinar will be provided in your confirmation email once you sign up to volunteer at a specific location. Note: participation in each webinar per location is recommended. Please register for the webinar by clicking the corresponding link in your volunteer confirmation email, and follow the prompts to register. Once you have successfully registered for the webinar, you will receive a second email with important log-in and call information. This will also be sent to you again as a reminder the day before the webinar.

What assignments are available for volunteers?

Volunteer assignments include but are not limited to 5K participant registration, bib pick-up, course route marshaling, serving of food and drinks, team sign making and t-shirt distribution.

What time should I arrive on event day?

All 5K Volunteers should arrive on-site at **6:30am**. Arrival time is the same for both locations.

When do I get my assignment?

You will receive an email 2-3 days before event day with your assignment and detailed event information. Please look for this important message! *All assignments are subject to change – final assignments will be given to you on event day at volunteer check-in.*

Where do I park?

Ample parking is available for 5K volunteers at each location. Please visit NJSharingNetwork.org/5K-Volunteers and click on your specific 5K location to view corresponding parking and site maps.

Where do I check-in on event day?

Check-in is at the Information/Volunteer Tent. View all site maps for each location at NJSharingNetwork.org/5K-Volunteers. You will receive your final assignment, event day credentials, and volunteer t-shirt at check-in. NJ Sharing Network staff or volunteer leaders will be at each station to answer questions. Please plan on volunteering for the entire event, unless you have notified us otherwise. **NOTE: If you have any medical needs or restrictions, please contact us at volunteers@njsharingnetwork.org.**

If I am participating in the run or walk, when do I leave my assignment?

If you are a registered runner or walker, and we are aware of your participation, you may leave your volunteer station at 8:15am or 9:45am, respectively. We ask that you return to your assigned volunteer station once you finish as a participant.

What should I wear?

Dress for the weather. Wear comfortable clothes and closed-toed shoes (i.e., jeans, shorts, tennis shoes, etc.). The event is held on both grass and pavement. You will receive your volunteer t-shirt on event day at volunteer check-in. Please wear your volunteer t-shirt for the duration of the event. **Note: if you already have a 5K Volunteer T-Shirt, please wear it on event day.**

What should I bring with me?

Remember to bring any personal belongings you may need. Consider bringing a water bottle, hat and sunscreen with you. There will be a secure bag drop on-site should you need to use it.

Will a meal be provided for me?

There will be breakfast food such as bagels and fruit available for all volunteers and participants, but we recommend that you eat breakfast before you arrive. Volunteers may visit the food stations for during the 10:00am walk.

What if it rains?

The 5K is a **RAIN OR SHINE** event. We suggest bringing a poncho or umbrella with you.

Will restrooms be available?

Port-A-Johns and hand sanitizing stations will be available on site and on the course for each location. Please refer to the site map on each 5K Volunteer Homepage for exact locations.

How do I get credit for community service hours?

Please bring any community service paperwork (time cards, log sheets, etc.) with you on event day. If an official letter or certificate is needed, please contact us at volunteers@njsharingnetwork.org after event day.