



VOLUNTEERING FOR IRONMAN TEXAS 2019

02/18/19

Age Requirement – 14 years and up

To register to volunteer go to: <http://ironman.volunteerlocal.com/volunteer/?id=34490>

To join a team benefiting Interfaith of The Woodlands register for the following shifts:

DURING WEEK PRIOR TO THE EVENT

- **Athlete Packet Stuffing**

Assist with stuffing packets and athletes' goody bags

- **Tuesday, April 23^d**

- Athlete Packing Stuffing Shift 1 (9:00 am - 1:00 pm)

- Athlete Packing Stuffing Shift 2 (12:00 - 4:00 pm)

12 volunteers needed

- **Athlete Registration**

Distribute bags and packets with race information to athletes

- **Wednesday, April 24th**

- Athlete Registration Shift 1 (8:30 am - 1:30 pm)

32 volunteers needed

- Athlete Registration Shift 2 (12:15 - 5:15 pm)

40 volunteers needed

- **Thursday, April 25th**

- Athlete Registration Shift 1 (8:30 am - 1:30 pm)

19 volunteers needed

- Athlete Registration Shift 2 (12:15 - 5:15 pm)

26 volunteers needed

- **Swim Practice**

Accept bags for check in at swim practice or check chip and bracelet at entrance to water

- **Friday, April 26th** (7:00 – 11:00 am)

14 volunteers needed

- **Information Tent**

Give out local and race information to athletes and spectators o Wednesday, April 24th – Saturday, April 27th (morning, afternoon and evening shifts available)

EVENT DAY – SATURDAY, APRIL 27TH

- Volunteer Tent Distribute food and drinks to volunteers

- Volunteer Tent Transition Shift 1 (7:00 - 11:00 am)

6 volunteers needed

- Volunteer Tent Transition Shift 2 (11:00 am - 3:00 pm)

4 volunteers needed

- Volunteer Tent Expo Shift 1 (12:30 - 4:00 pm)

4 volunteers needed

- Volunteer Tent Expo Shift 2 (4:00 - 8:00 pm)

- Volunteer Tent Expo Shift 3 (8:00 - 11:00 pm)

- **Women's Change Tent Shift**

Female volunteers needed to assist athletes as they transition from each piece of the race with gear and clothing changes

- **Must be 16 years of age**

- **Women's Change Tent Shift 1** (6:30 am – 10:00 am)

16 volunteers needed

- **Women's Change Tent Shift 2** (11:30 am - 5:30 pm)

19 volunteers needed

If you have any questions, please contact Sarah Mundy at: smundy@woodlandsinterfaith.org or 832-615-8220