

11TH ANNUAL  
**THANKSGIVING DAY 5K**  
BENEFITING  
**Martha's**  
VILLAGE & KITCHEN

PRESENTED BY KMIR & CARL'S JR.



## Volunteer FAQs

### **Who can volunteer?**

We allow volunteers age 15 years and older. Volunteers under the age of 15 must be accompanied by an adult for the duration of their assignment.

### **Can an entire group volunteer?**

We love to work with volunteer groups—big or small! Please contact our Volunteer Coordinator, Erica, regarding group volunteer options. You can email her at: [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org).

### **How do I sign up?**

This year, you can sign up online at: <https://MVK5K.redpodium.com/2017-mvk-5k-volunteer-sign-up>  
This year, you can choose your assignment in advance. Sign up now because there are limited spaces available for the assignments!

### **What assignments are available for volunteers?**

Please check out our online volunteer registration page at <http://bit.ly/2017Thanksgiving5KVolunteer> to see a list of volunteer opportunities. You can sign up there!

### **Can I help out during pre-packet pick up days?**

We would love your help during our pre-packet pick up days! This year, pre-packet pick up will take place on Tuesday, November 21<sup>st</sup> and Wednesday, November 22<sup>nd</sup>. Please contact our Volunteer Coordinator, Erica, for more information at [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org).

### **What time should I arrive on race day?**

Arrival times vary according to the assignment you sign up for! Please make a note of your shift time upon registration. Remember, it will take you a few minutes to park and check in, so please arrive 15 minutes prior to your shift. Thank you!

### **What happens after I sign up online?**

After you sign up to volunteer, you will immediately receive an automated email confirmation. One week prior to the event, you will receive an email reminder regarding your assignment.

What do I do if I did not receive my volunteer confirmation email?

You should receive a confirmation email a few minutes after you signing up. If not, please check your Spam Folder. If it isn't there, please reach out to Erica Siqueiros at

[esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org).

### **Where do I park?**

Please park at The Gardens parking structure located on Shadow Mountain in between Larkspur and San Pablo in Palm Desert. You will not be able to enter on San Pablo, so please enter on Shadow Mountain and Larkspur.

### **Where do I check in on race day?**

Please check in at the Volunteer Booth located in the parking lot across the street from The Garden's parking structure. (It's behind the Apple Store, on San Pablo. You will park in the parking structure, then walk across San Pablo to get to the parking lot where the Volunteer Booth is located.)

### **I am racing or walking, when do I leave my volunteer assignment?**

If you signed up as a participant of the Thanksgiving Day 5K, you may leave your shift at 7:45 AM to get in line for the start of the race.

### **May I bring a friend?**

Yes! Please remember that on many occasions volunteer assignments do fill up, which will be noted online. Please encourage friends to sign up online to ensure their spot. This also lets us know how many volunteers will be helping out. We can always use extra help!

### **What if I cannot attend?**

Please contact our Volunteer Coordinator as soon as possible. Send an email (preferred) to [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org) or call (760) 347-4741 ext. 128.

### **What if I cannot stay for the entire shift?**

Once you sign up, we are counting on you to stay for the full shift. We cannot easily replace you if you leave early. Sometimes the shift may seem over-staffed and slow at the beginning, but often we are preparing for a rush. We count on each volunteer to stay until the end of the shift. Thank you!

### **Can I split the shift with a friend?**

No, sorry. Shift times are pre-determined because it is difficult to arrive or leave in the middle of a shift. It is crucial that volunteers remain for the full length of the shift; we cannot replace you if you leave. Please support your fellow volunteers by staying for your entire assignment.

### **What if it rains?**

The Thanksgiving Day 5K is a RAIN OR SHINE event. If it is raining, we suggest bringing a poncho or umbrella with you. Your commitment is so important, and we are counting on your attendance!

### **Will restrooms be available?**

Portable toilets and sinks will be located in the parking lot near the Volunteer Booth.

### **Is breakfast provided?**

Starbuck's, in Palm Desert, will provide coffee and pastries for our volunteers! We will also have plenty of water and some fruit available. Bringing a snack or reusable water bottle, is highly recommended.

### **How should I dress?**

Wear comfortable, close-toed shoes. Bring layers of comfortable clothing for cool to hot temperatures. The air is usually crisp and cool early in the morning, and it may or may not warm up. You will receive a vest to wear that identifies you as an MVK volunteer.

What should I bring with me?

As little as possible! There is no storage for personal items on-site. We highly recommend bringing as few personal items as possible. We are not responsible for lost or stolen items.

### **Can children volunteer?**

The official minimum age for an unaccompanied child to volunteer is 15 years of age. With supervision, adults may bring slightly younger children. We are concerned about safety and the ability to stay focused on a task for the full shift time. We have many positions that are good for children as long as the ratio of adults-to-children is adequate. The children must be old enough to participate for the entire shift. Please direct any questions on this issue to our Volunteer Coordinator, Erica, at [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org).

### **What if I am unable to stand for long periods of time?**

If you sign up to help out at the Volunteer Booth, there are a few seated positions. Please let our Volunteer Coordinator, Erica, know that you would like a seated position by emailing her: [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org). Please alert Erica ahead of time if you have any special needs. We will do our best to accommodate you!

### **How do I get credit for community service hours?**

Please bring any community service paperwork with you on race day. We will also be providing letters for anyone who needs them. We will sign off on the letter/forms once you turn in your volunteer vest and initial our volunteer log for proof that you completed the hours. If you have any questions or need a more formal letter, please email our Volunteer Coordinator, Erica, at [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org).

***We are so grateful to have so many thoughtful and dedicated volunteers like you! We know that your time and service is valuable, and we appreciate that you have decided to take the time to support our mission. Thank you for helping to change the lives of those in need!***

### **Contact Us:**

- **Volunteer Coordinator**  
Email: [esiqueiros@marthasvillage.org](mailto:esiqueiros@marthasvillage.org)  
Phone: (760) 347-4741 ext. 128
- **For General Thanksgiving 5K Information**  
Email: [kstaufferl@marthasvillage.org](mailto:kstaufferl@marthasvillage.org)  
Phone: (760) 347-4741 ext. 116

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