



2025 VOLUNTEER INFORMATION

The Mighty Niagara Half Marathon & Hospice Dash 5K would not be possible without the support of our amazing volunteers. By being a Mighty Niagara/Dash volunteer, you are not only helping ensure our riders cross the finish line safe, sound and smiling; you are helping Niagara Hospice cross the ultimate finish line - providing specialized end-of-life care to patients and their families. On the following pages there is a list of volunteer job descriptions we have available leading up to the race and on the day of the race.

**To officially sign up as a Mighty Niagara Half Marathon/
Hospice Dash 5K volunteer, click [here](#) to email the Events team**

VOLUNTEER JOB DESCRIPTIONS

Pre-Event Volunteer Positions

Poster Distribution: Help us spread the word about the Mighty Niagara Half Marathon & Hospice Dash 5K by putting up posters in community spaces in your neighborhood, like gyms, coffee shops & libraries. We can mail you the posters to pass out on your own time.

Route Sign Placement: Drive route day before the race and place event signage at designated locations. This job requires frequent stops & getting in and out of your vehicle on the side of the road. Best to work in pairs of 2.

- **Friday, October 3rd beginning at 11:00am**

Event Set-up: Move event supplies, set up tables, arrange t-shirt boxes, hang signs, etc. This position requires lifting and/or manual labor.

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VOLUNTEER JOB DESCRIPTIONS

Event Day Volunteer Positions

Parking: Assist with directing participants to and from parking areas. This position requires standing for extended periods of time.

- **Artpark: 6:00am**
- **Porter-on-the-Lake: 7:00am**

Refreshments: Put out food for participants, keep snacks/refreshments stocked.

- **Breakfast: 7:00am-10:30am**
- **Lunch: 10:00am-2:00pm**

Green Team: Keep trash/recycle bins clean during & after event. Check on portable restrooms, restock toilet paper, paper towels & hand soap as needed.

- **1st shift: 9:00am-12:00pm**
- **2nd shift: 11:00am-2:00pm**

Post Event Crew: At the conclusion of the event, assist with on-site cleanup (breakdown of tables/chairs, take down signage, load trucks with extra supplies, etc.) There may be some heavy lifting involved (35-50 lbs).



WANT TO VOLUNTEER?

[Click here to email Events Team to sign up!](mailto:events@niagarahospice.org)



HAVE QUESTIONS?

Contact us at
events@niagarahospice.org
716-280-0766