

## **Capital Challenge Walk MS Volunteer Jobs**

**Training Walk Leaders** - Organize training walks in your area. Educate walkers on safety and walking tips.

**Cheering Squad** - Organize cheering sections along the route.

**Office Support** - Help staff member prepare registration packets, newsletters, and mailing for the walkers.

**Registration and Check-In** - Help keep the process running smoothly during registration and check-in at the event.

**Rest Stop/Pit Stop Volunteers** – Monitor a checkpoint along the route. Make it fun and festive with decorations. All supplies are dropped off and picked up for you. Ability to lift at least 30 pounds since there will be some labor required.

**Athletic Trainers/Physical Therapists** Health professionals are needed to assist with morning stretches and overall health and safety at the event. These volunteers will be stationed at rest stops along the walk route and at the start and finish lines. Requirements: Basic first aid knowledge or greater, athletic training experience

**Floater (put me anywhere)** (Please do not check this if you have physical limitations)

**Hospital Runner** Assist with route support and provide transportation to the hospital if needed. Requirement: Patience, kindness and ability to deal with stressful situations. Requirements: Must have own vehicle. Must be over 21 and have valid drivers license.

**Massage Therapists** Help to soothe the aching muscles and feet of the hundreds of walkers who will be putting their bodies to the test. Massage therapists will be at rest stops and at each finish line. Requirements: Certified massage therapists or massage therapy students.

**Meal Service** Assist with breakfast, lunch and dinner service by helping with set-up and clean up.

**Medical/First Aid** Trained medical professionals are needed at all points along the route to monitor injuries and the well being of walkers. Requirements: Paramedic, EMT, Nurse (LPN and RN), Doctor, or Podiatrists certification/license.

**Motorcycle Escorts** Do you own a motorcycle? Take it out on a 50-mile journey that you'll never forget. Assist with route support by patrolling the route and assisting where needed. Requirements: Must have own vehicle. Must be over 21 and have valid drivers license.

**Photographer** Use your photography skills to capture moments of challenge and triumph. Must provide own camera. National MS Society will provide film. Requirements: Strong photographic skills needed. Digital camera or 35mm preferred.

**SAG (Support and Gear) Drivers** Provide transportation and support to walkers who might need assistance along the route. Requirements: Must have own vehicle. Must be over 21 and have valid drivers license.

**Safety Trainers** Help to ensure safety on the route by being a safety trainer. Safety trainers brief walkers on route logistics and safety before the walk each day and act as mobile first aid assistants along the route. Requirements: First Aid certification, comfort with public speaking.

**Videographer** Professionals are needed to record events of the weekend from the start to the finishing ceremony. Requirements: Provide own equipment.