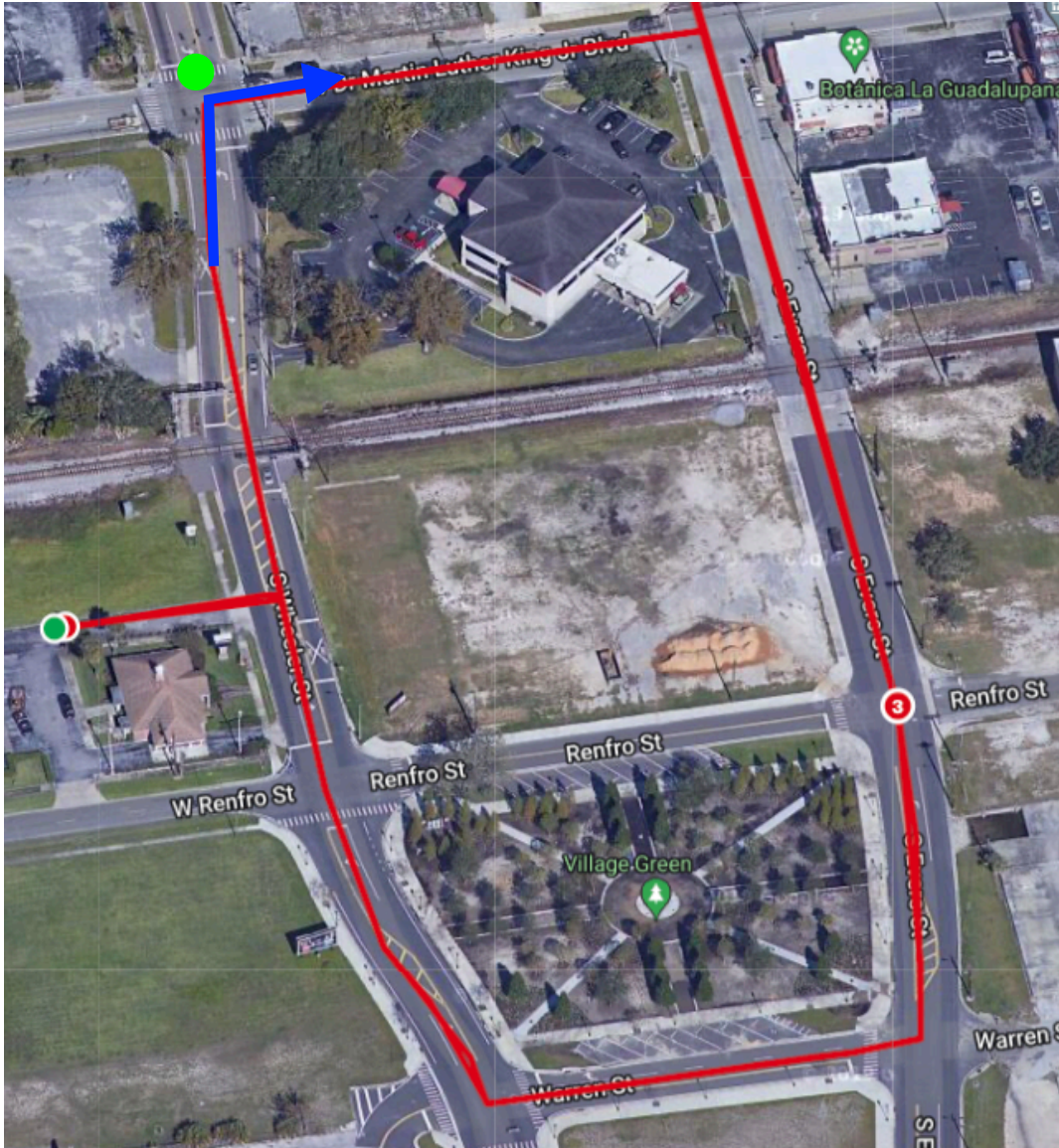


Outrun Hunger 5k

Route I direct runners RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT.

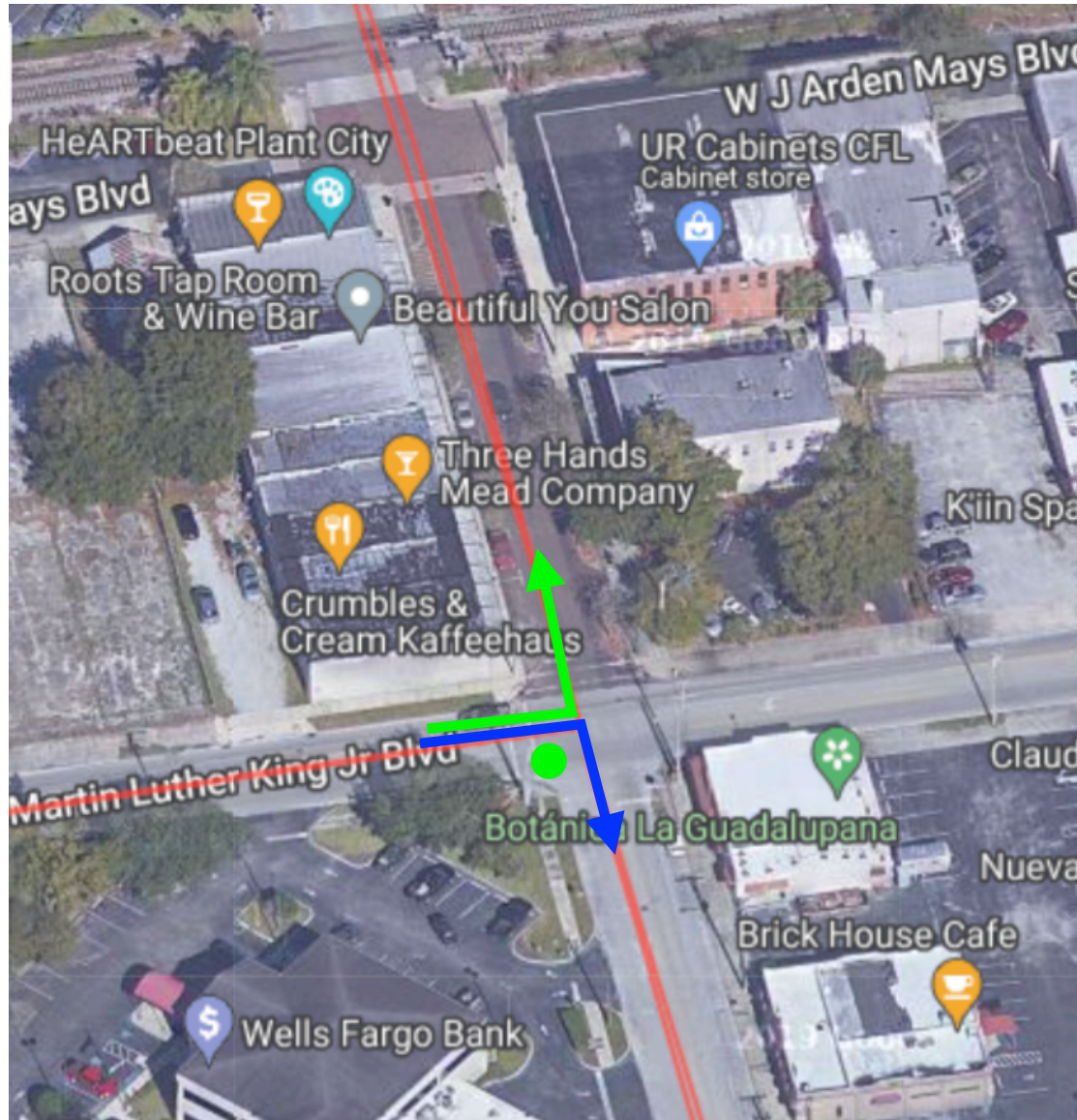
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 2 direct runners RIGHT, then LEFT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT, then LEFT.

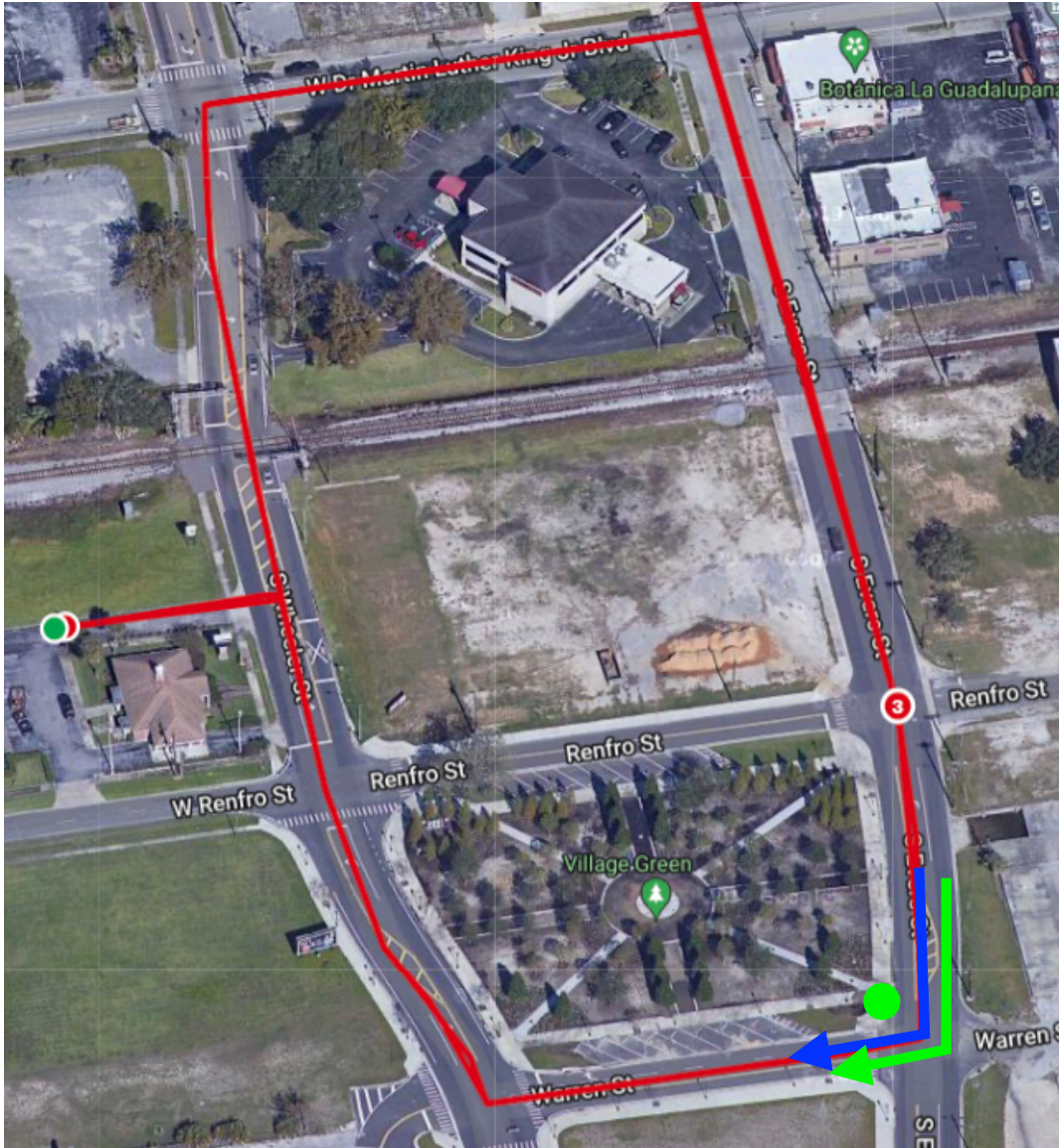
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 3 direct runners RIGHT, then RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT, then RIGHT.

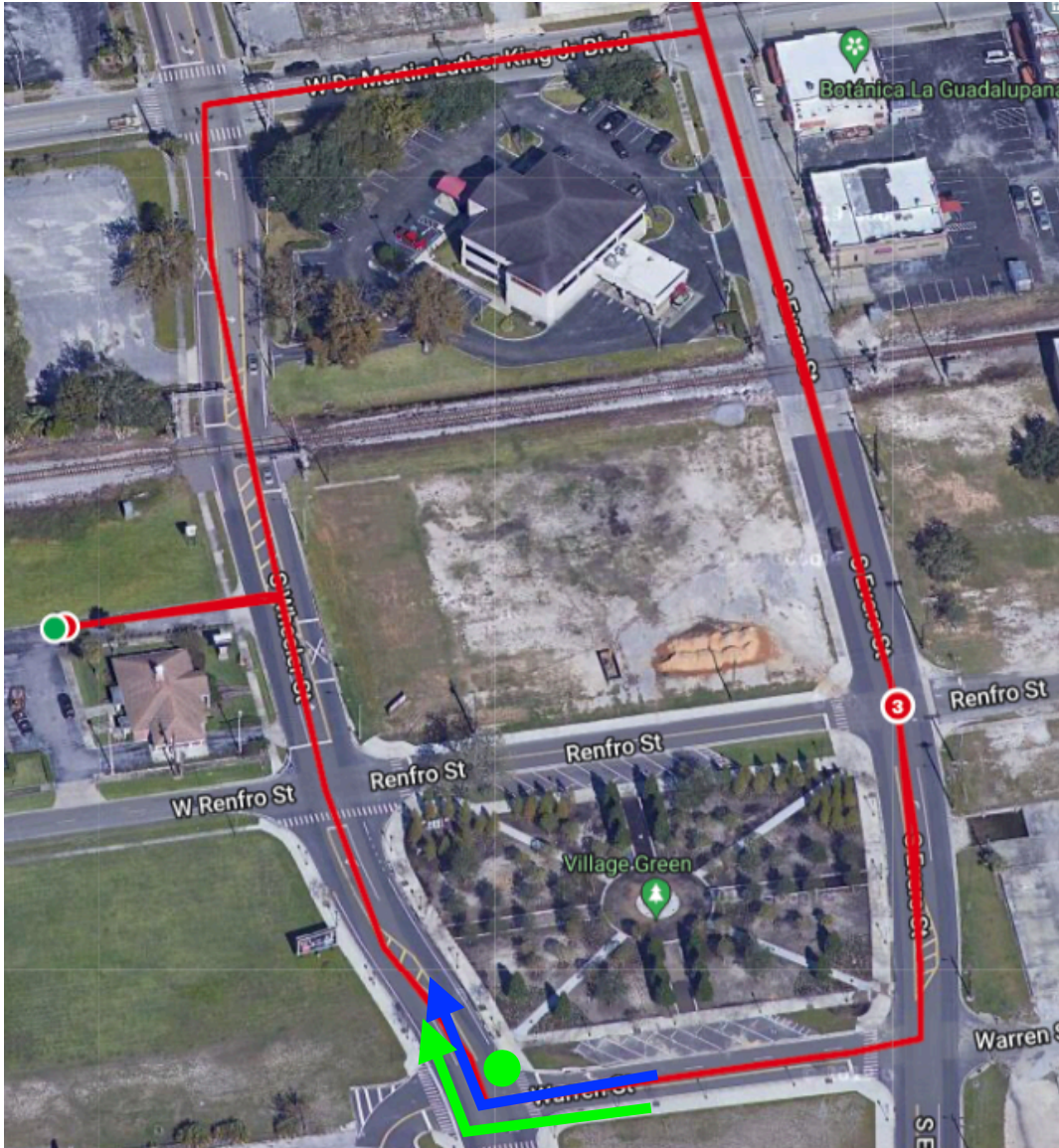
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 4 direct runners RIGHT, then RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT, then RIGHT.

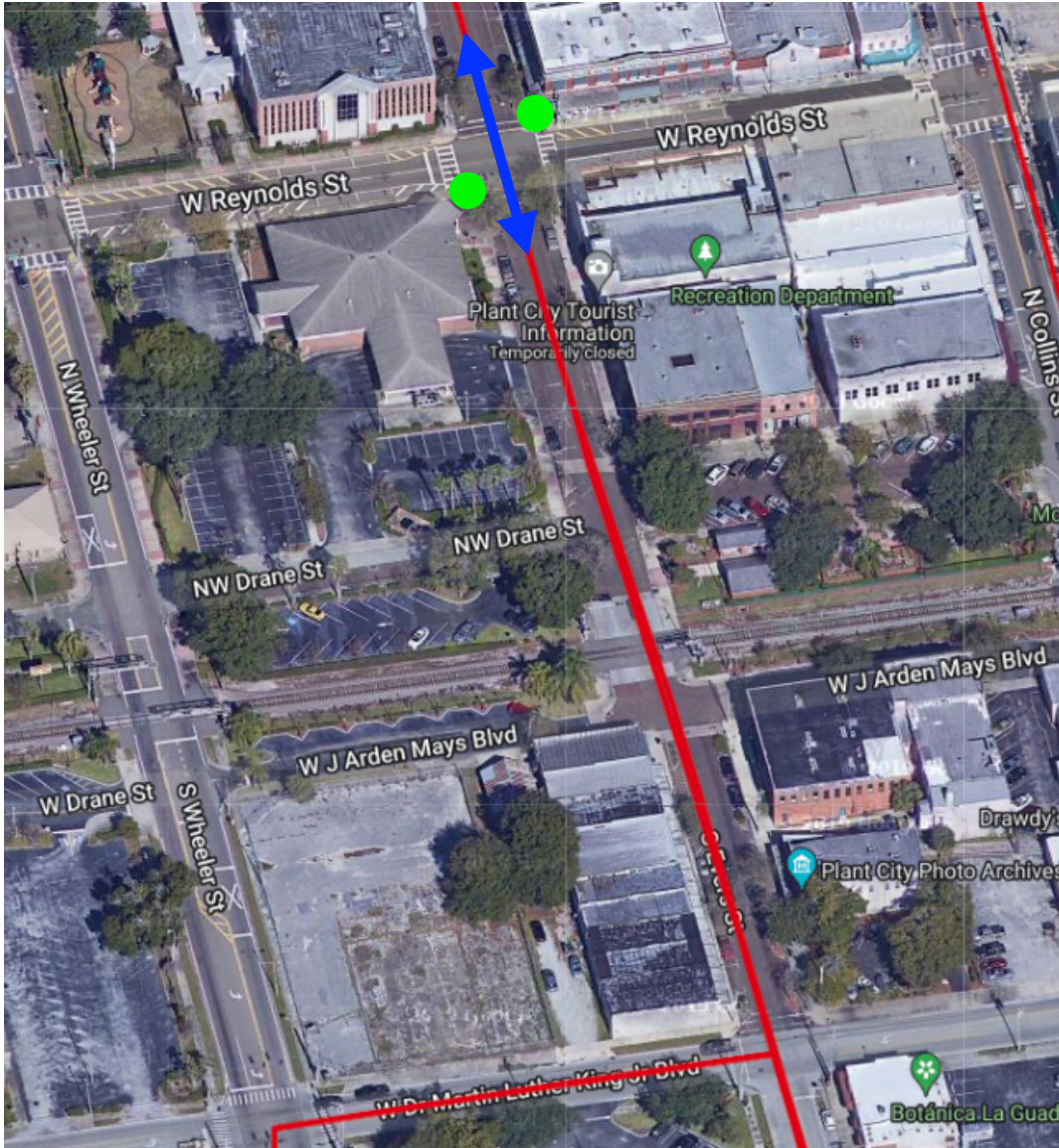
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 5 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

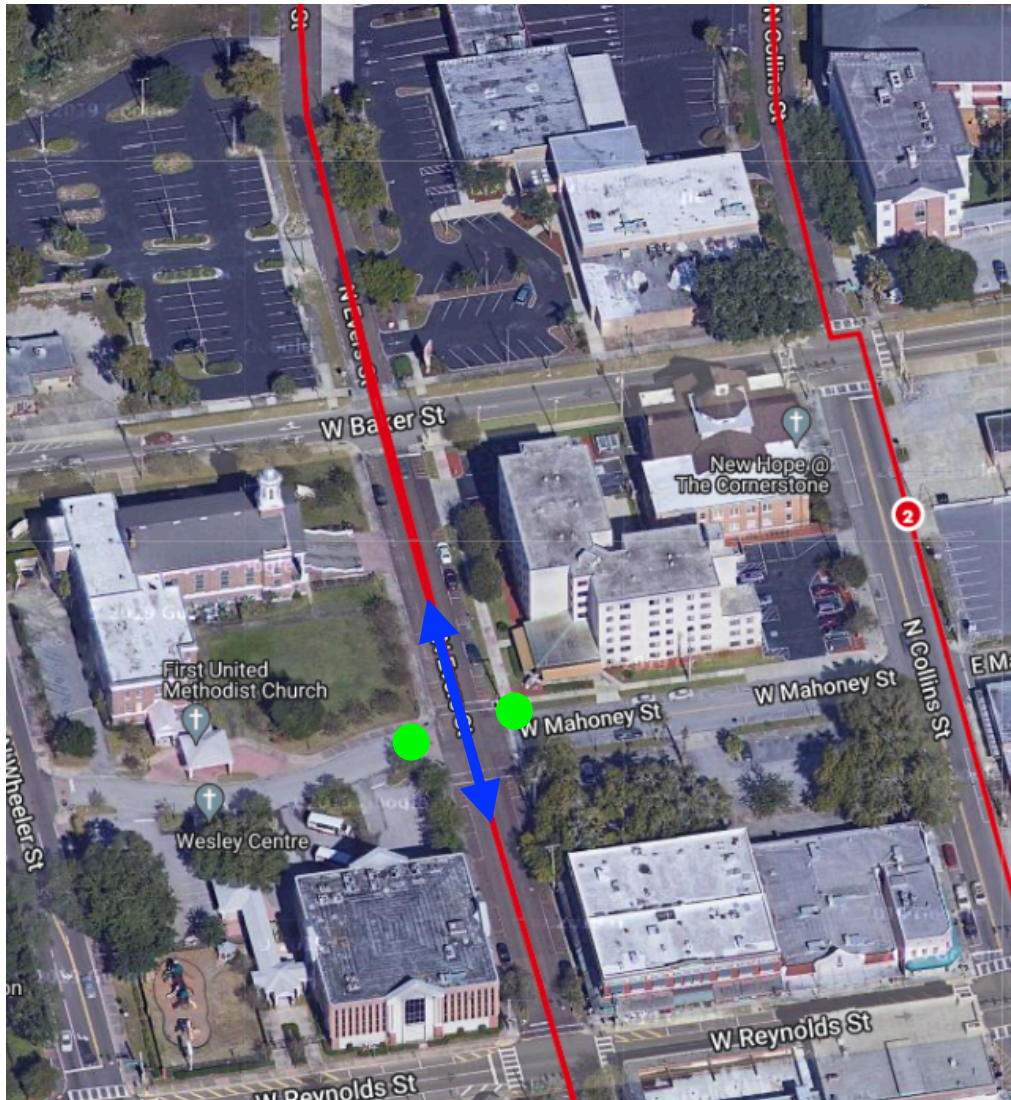
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 6 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

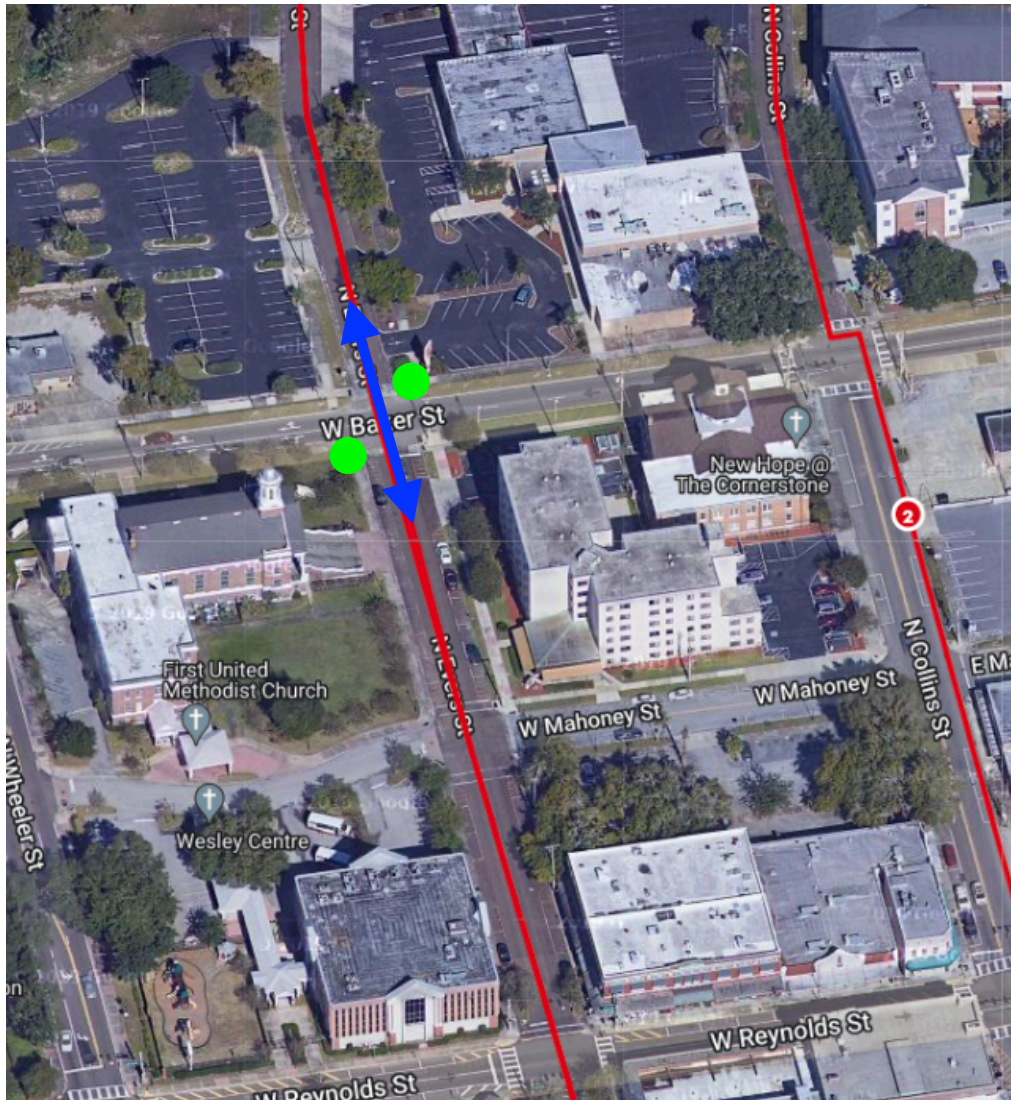
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 7 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

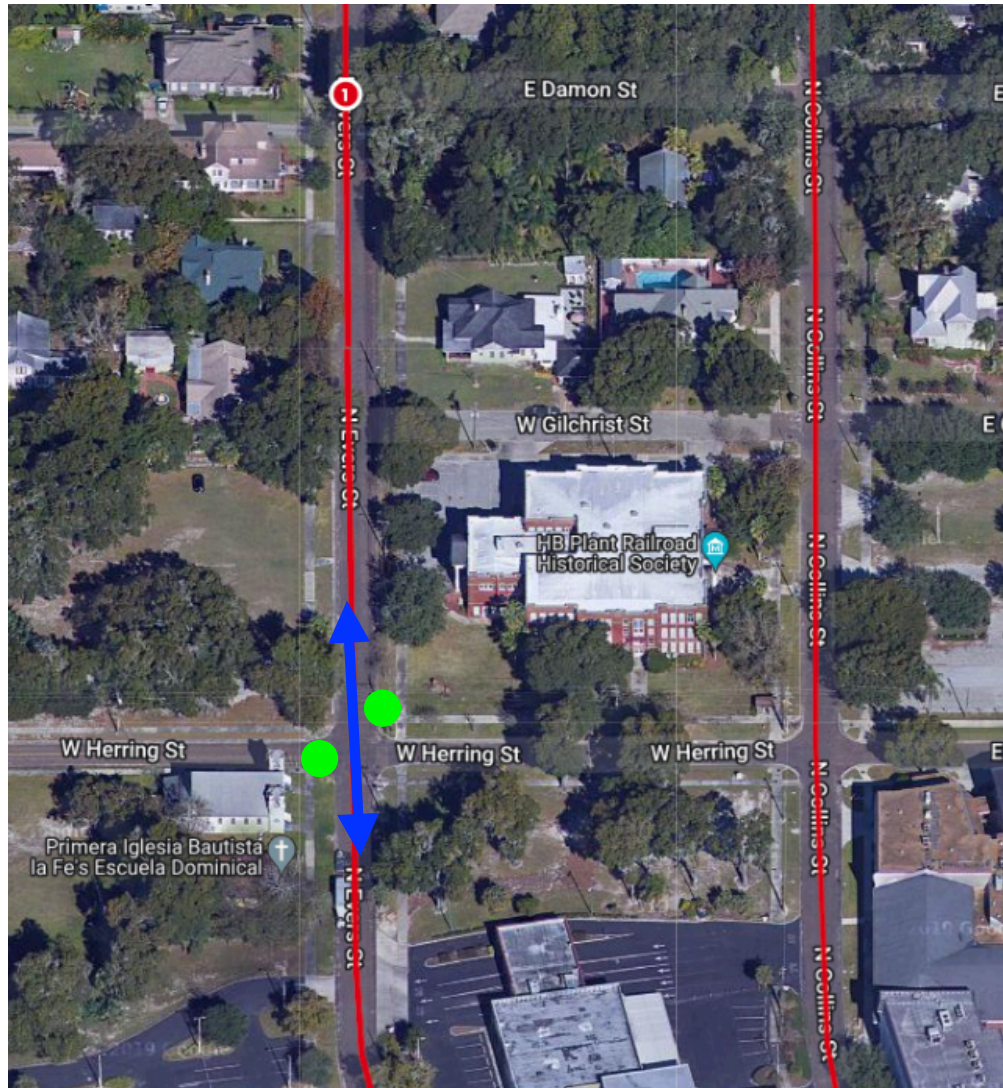
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 8 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

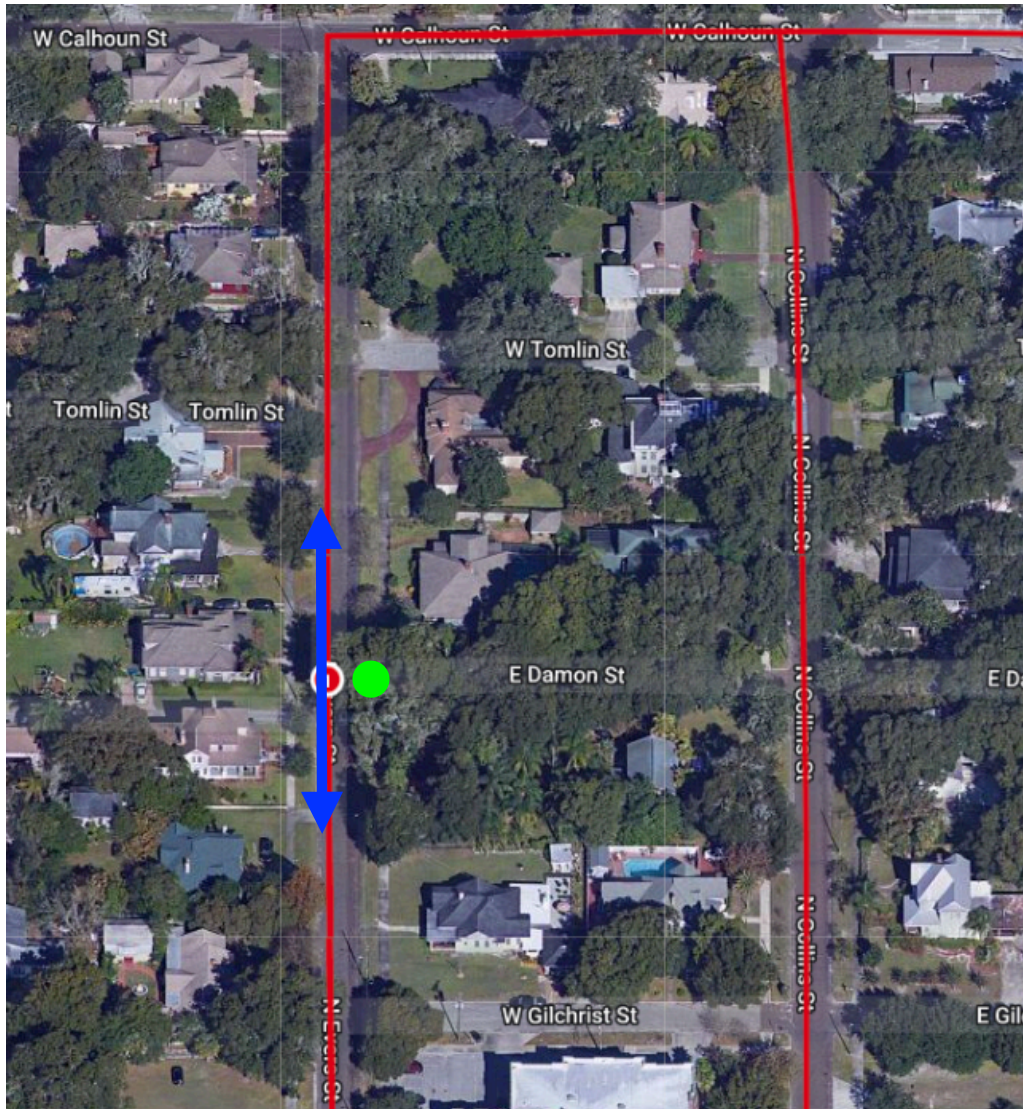
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 9 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

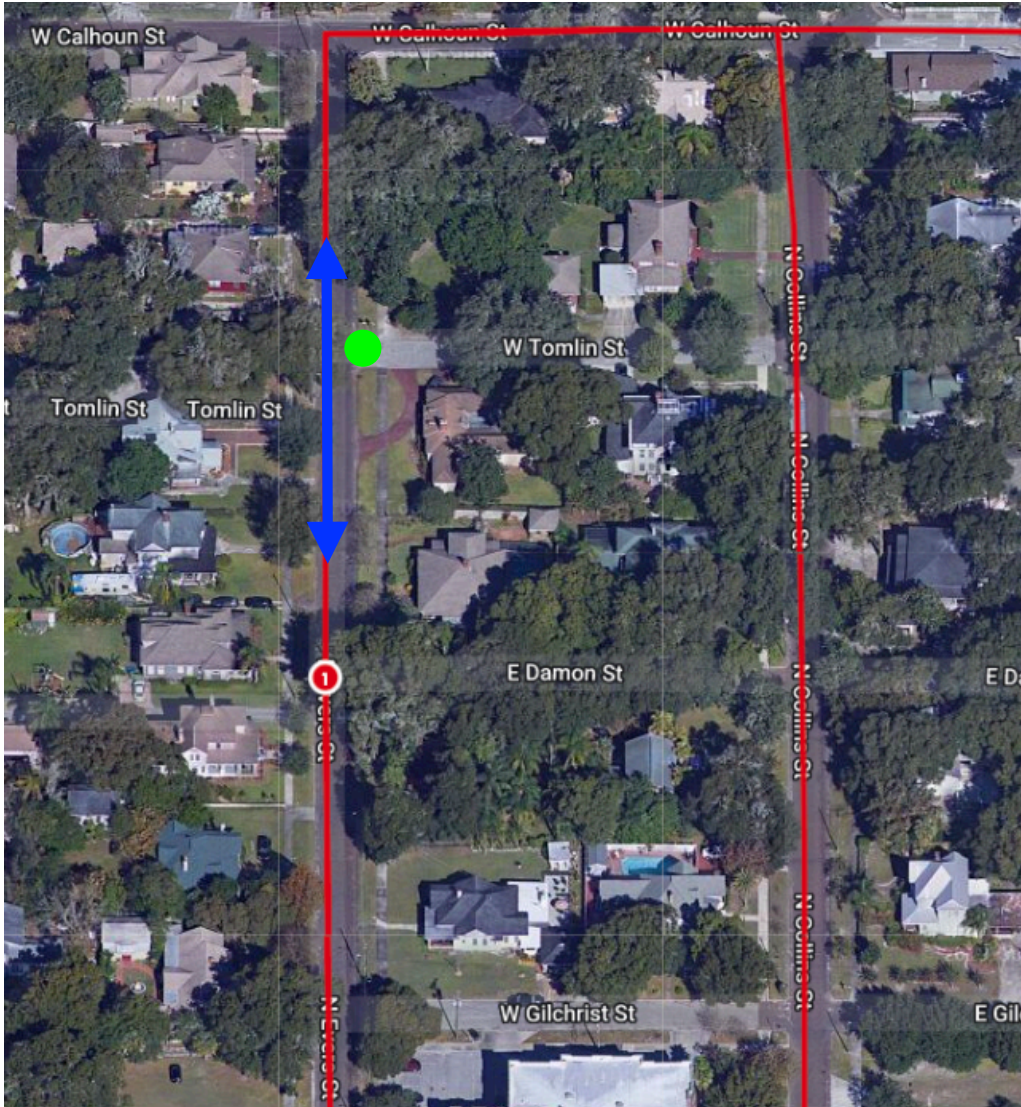
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 10 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

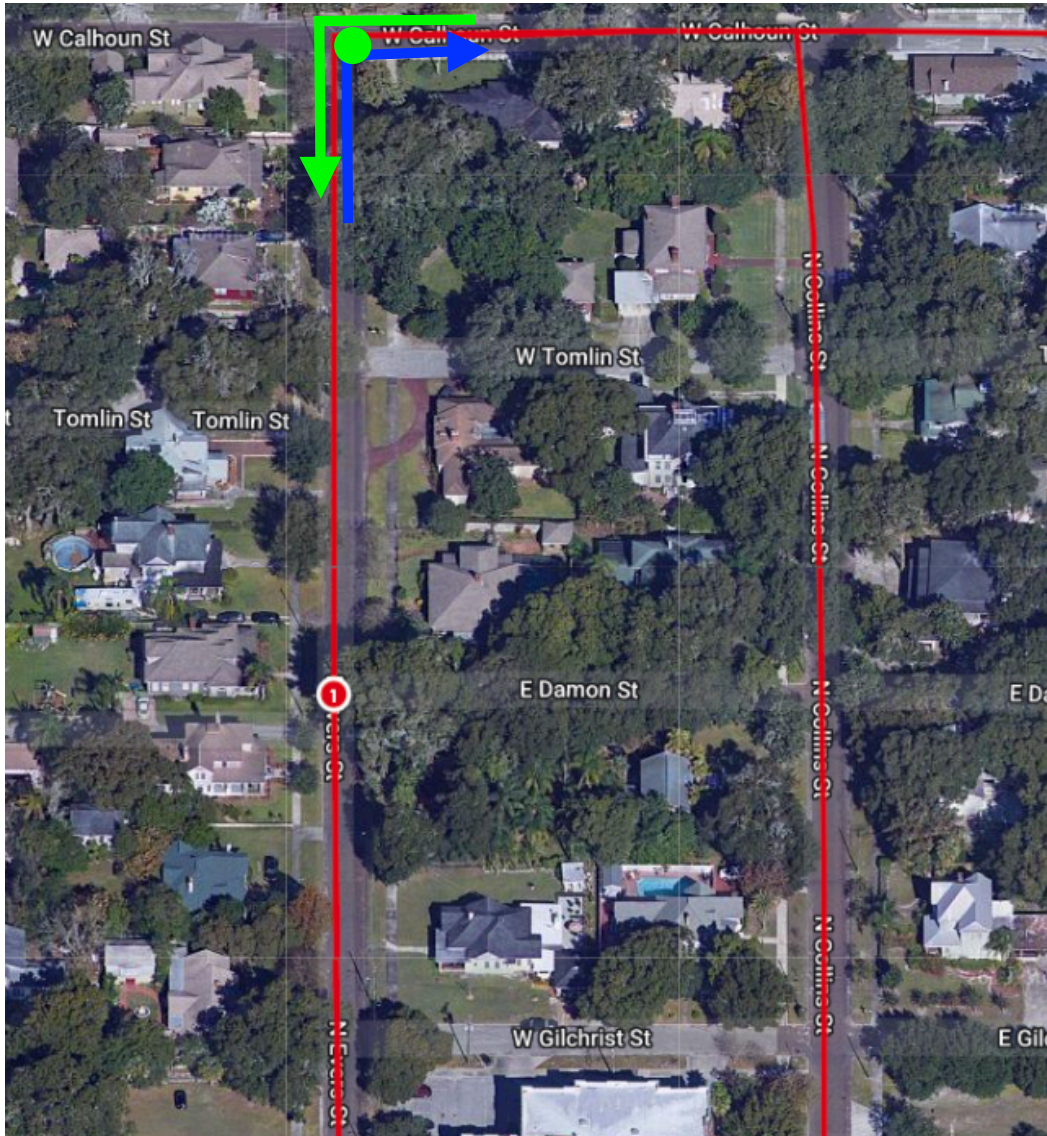
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 11 direct runners RIGHT, then LEFT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT, then LEFT.

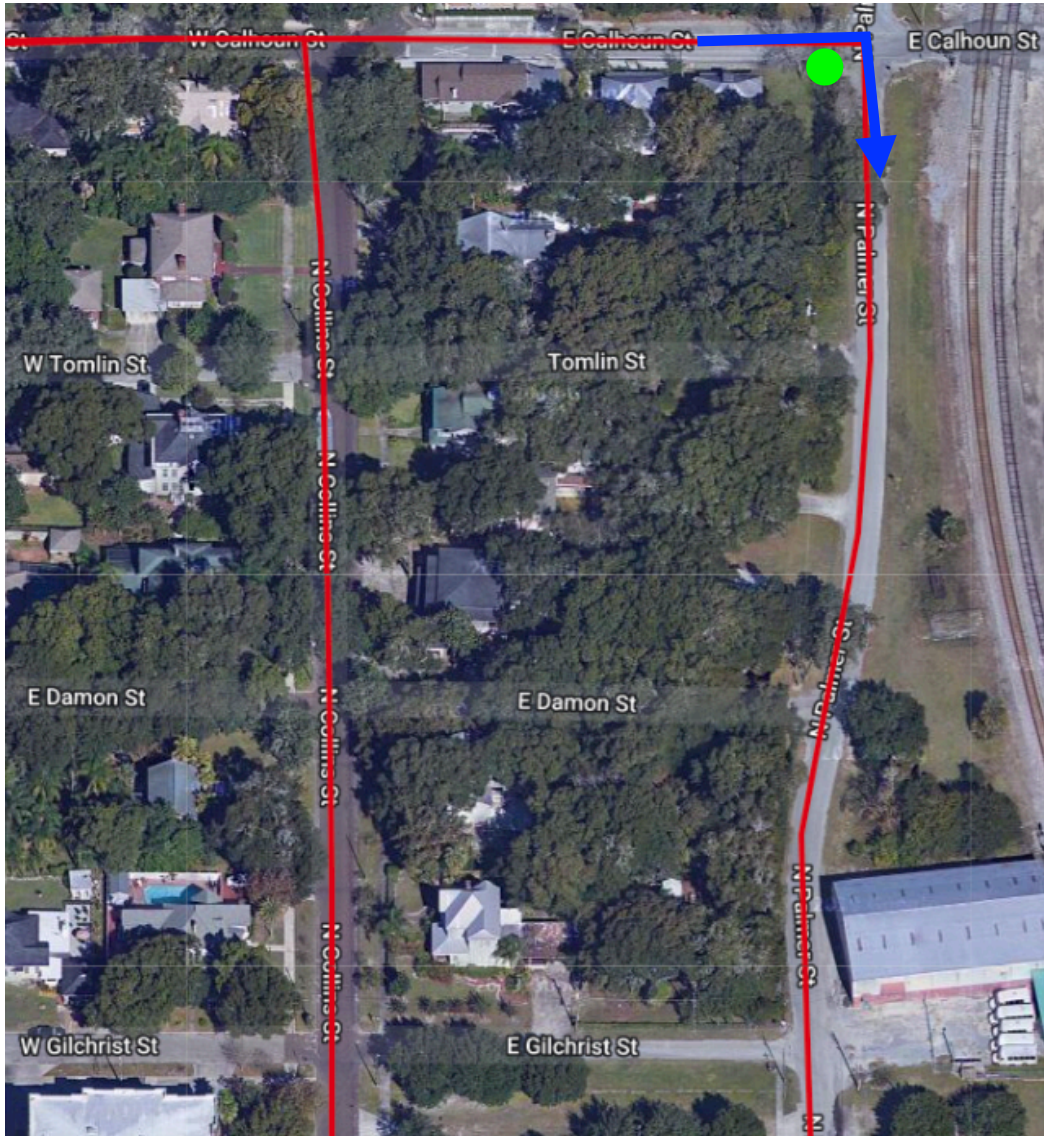
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 12 direct runners RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT.

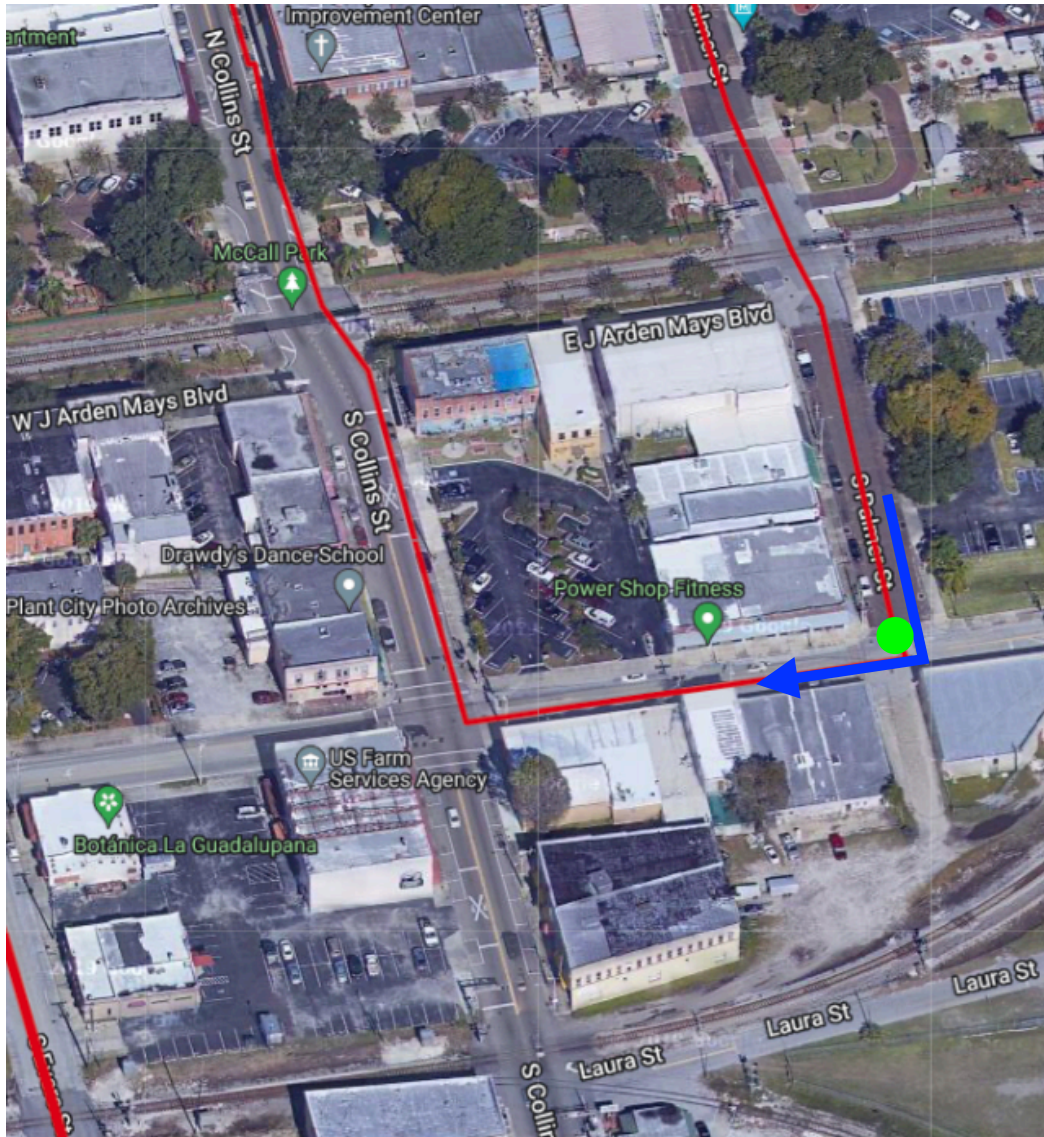
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 13 direct runners RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT.

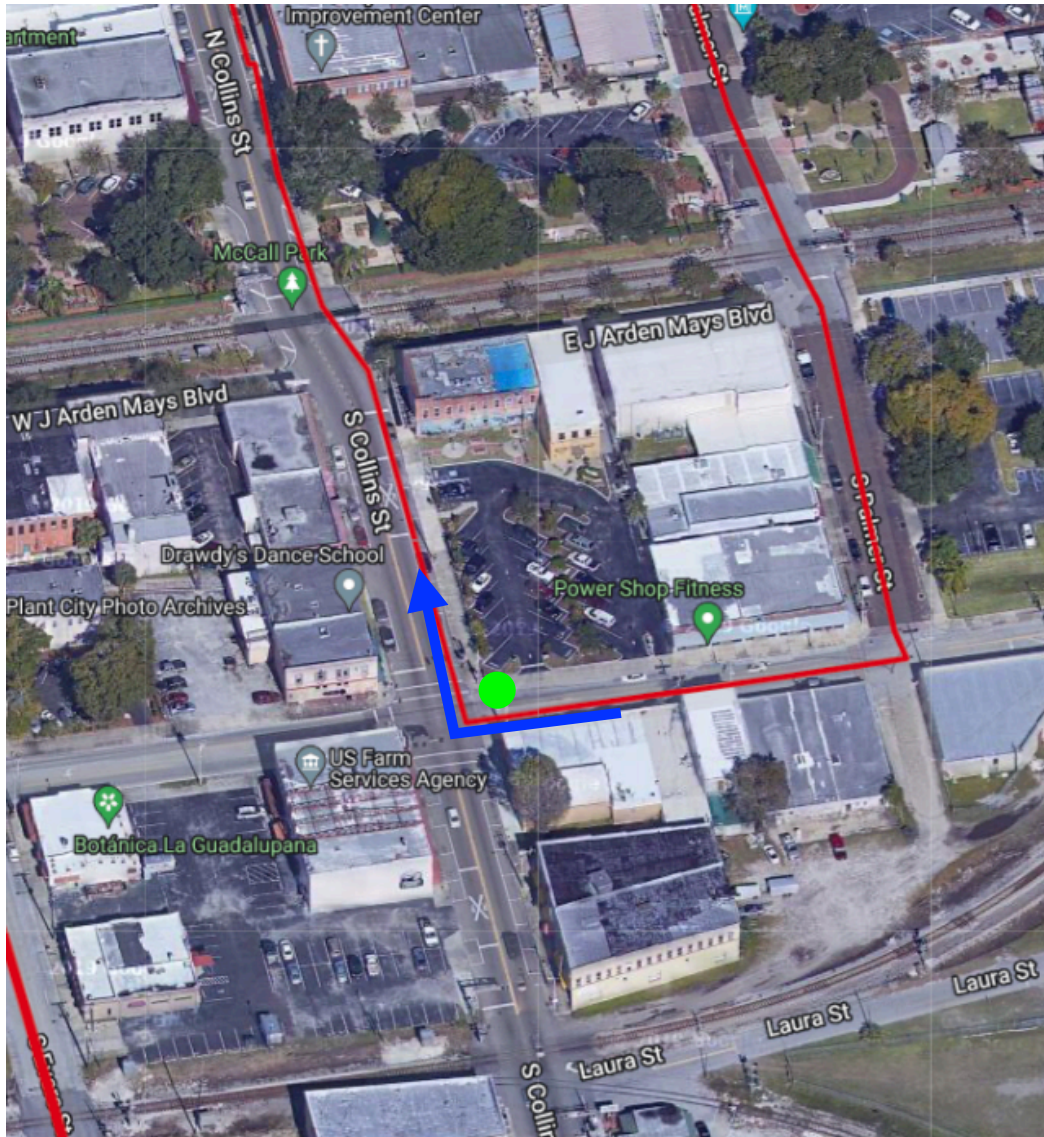
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 14 direct runners RIGHT



Run Course Volunteers

Arrive by 7:45 a.m., direct runners RIGHT.

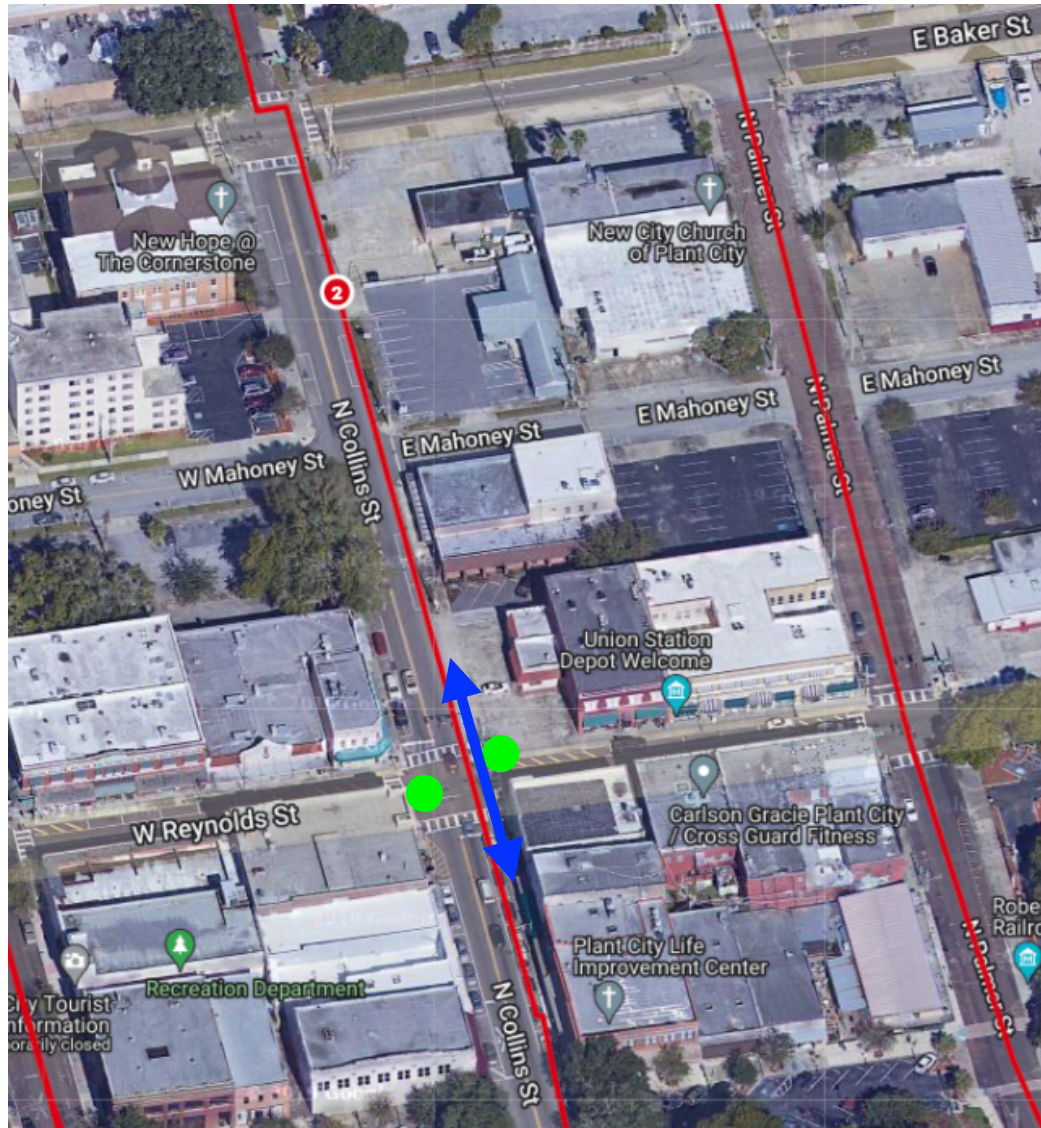
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 15 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

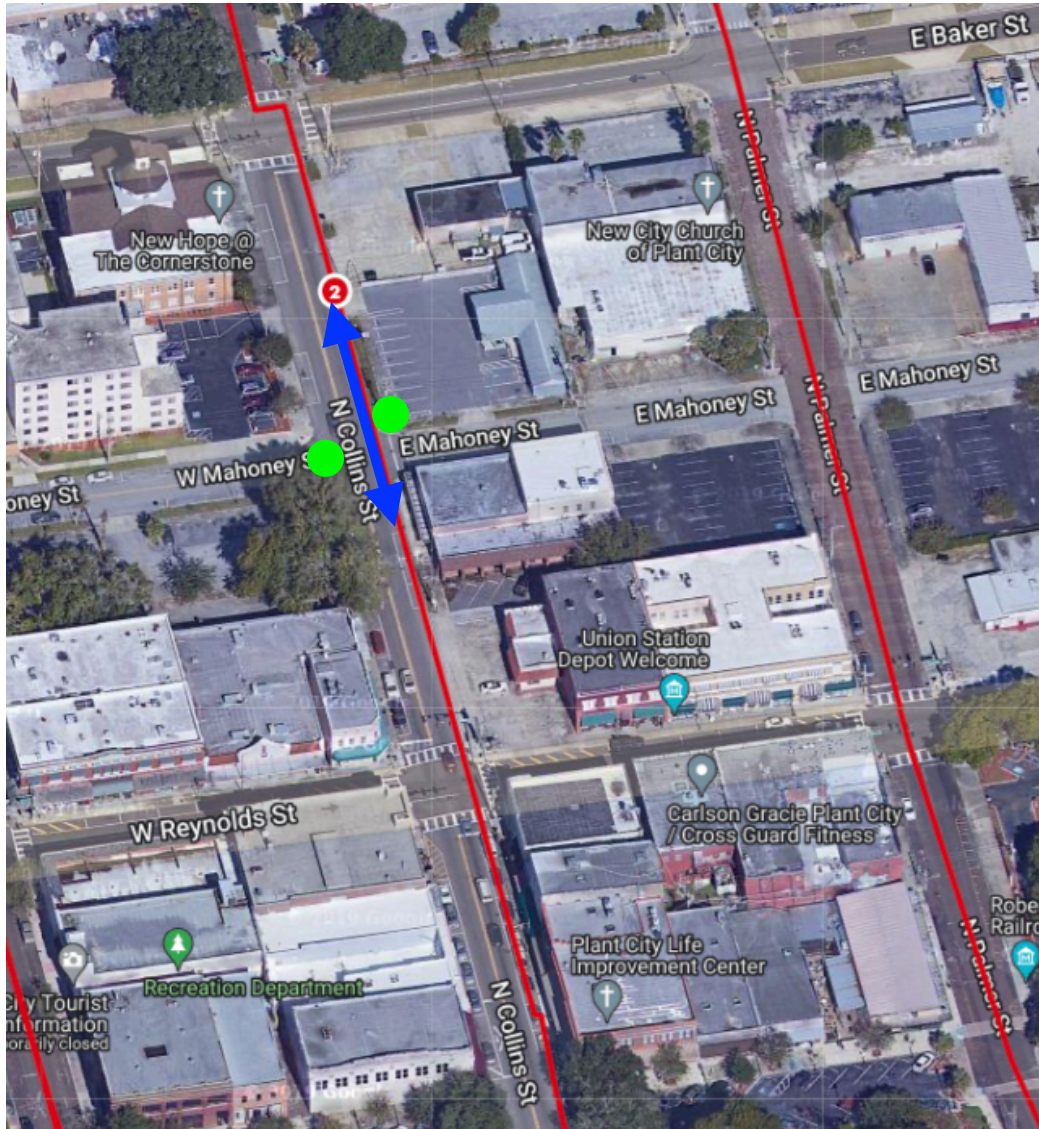
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

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- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 16 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

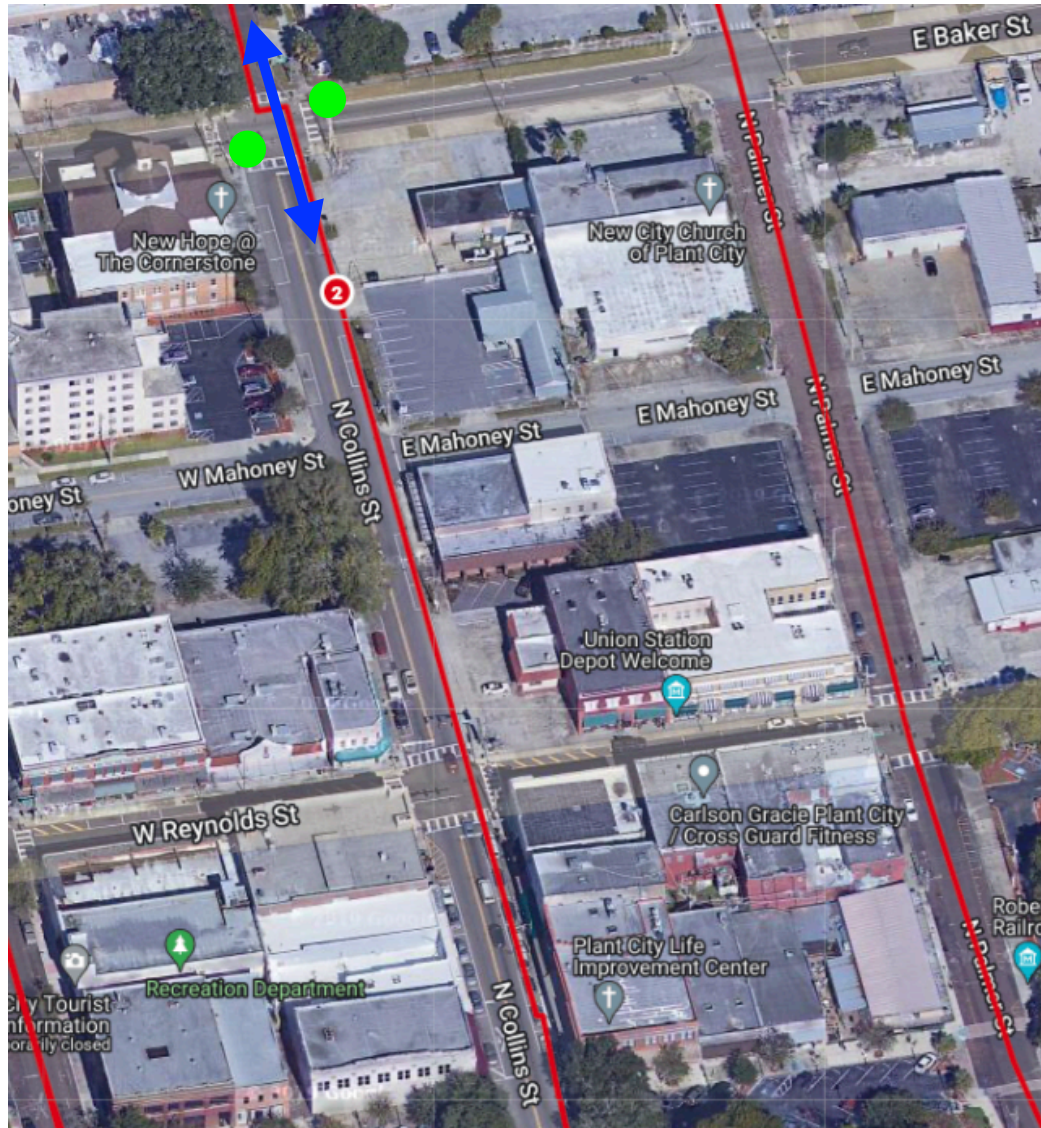
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
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Route 17 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

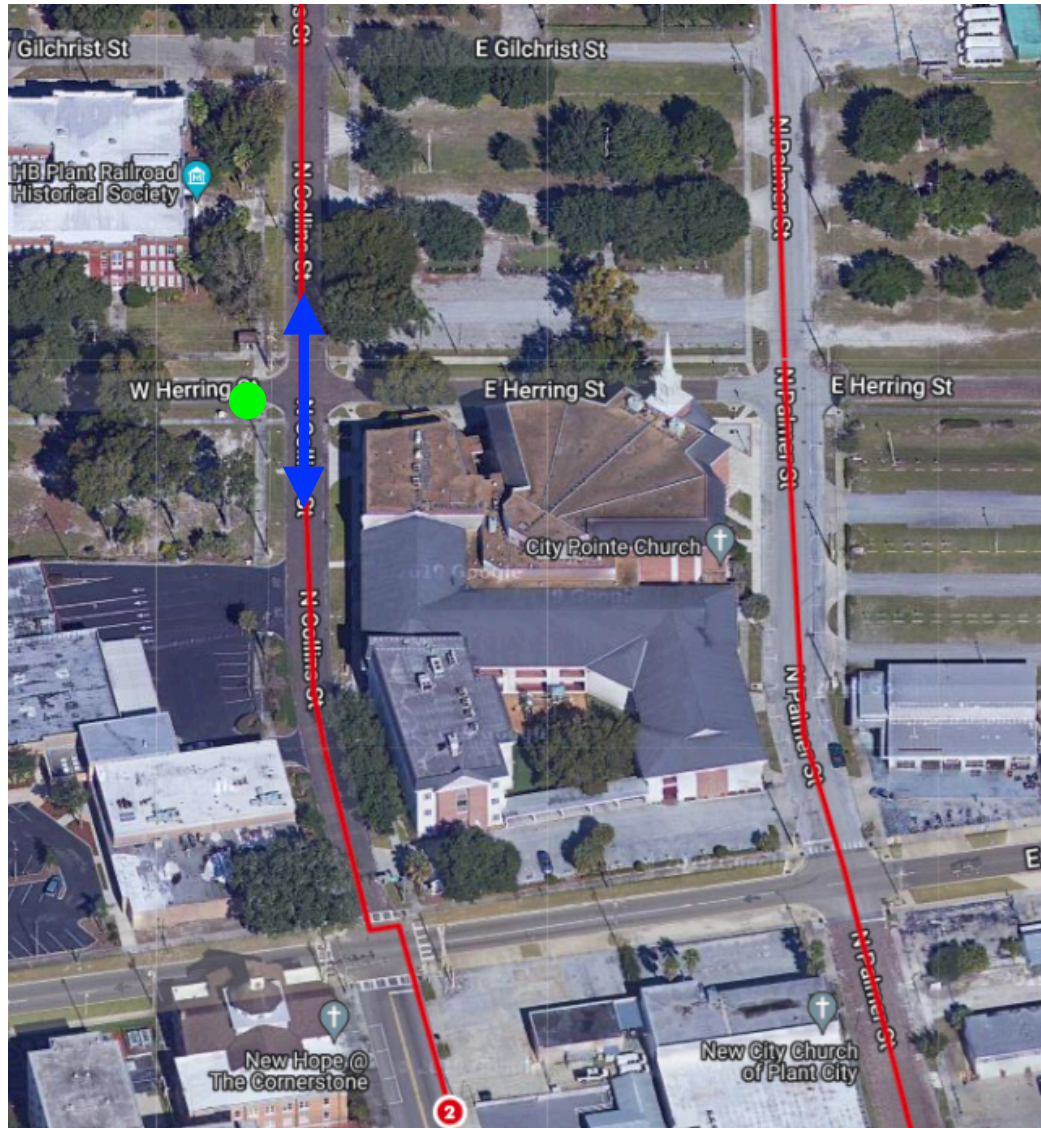
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

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- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 18 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

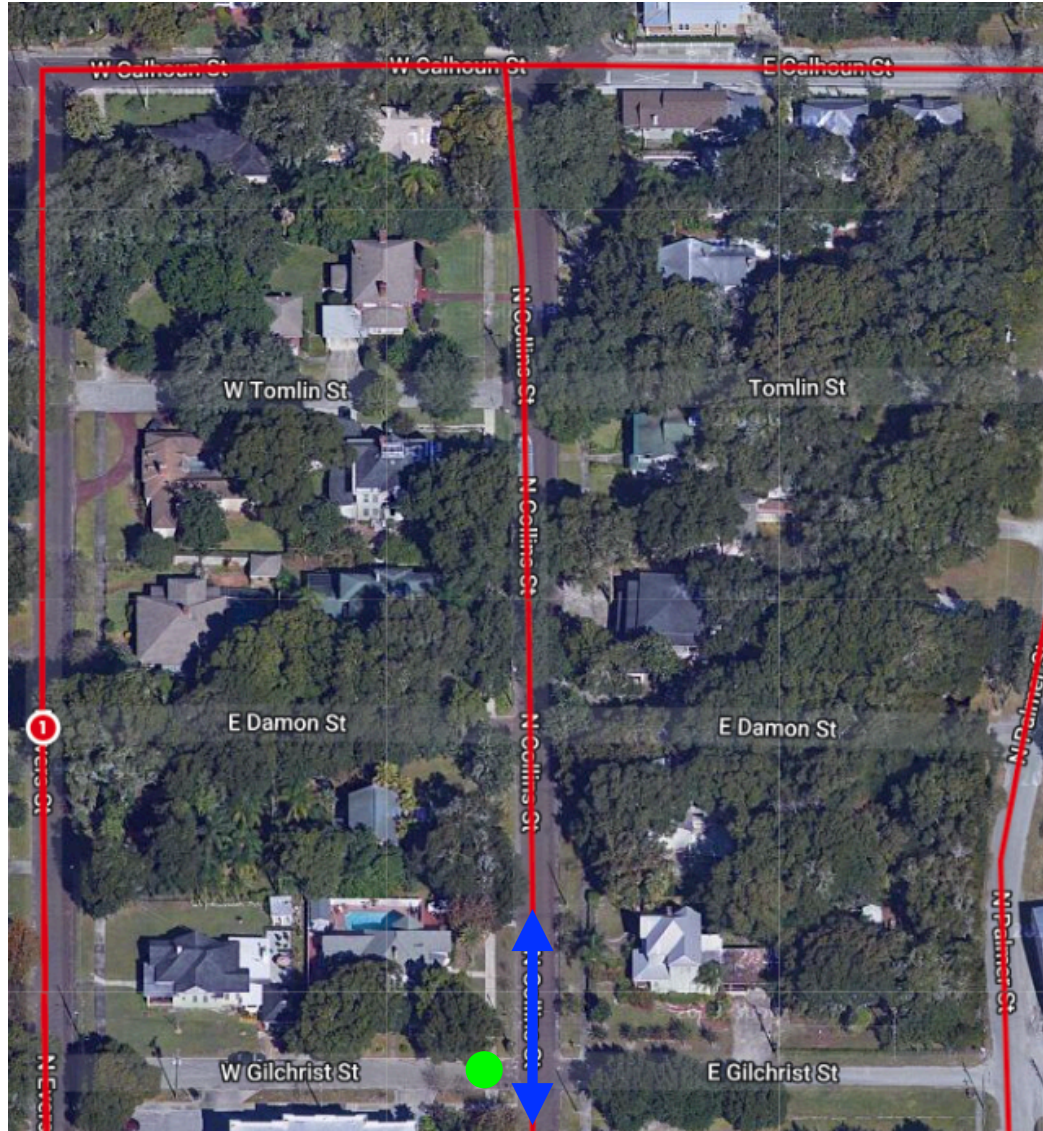
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 19 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

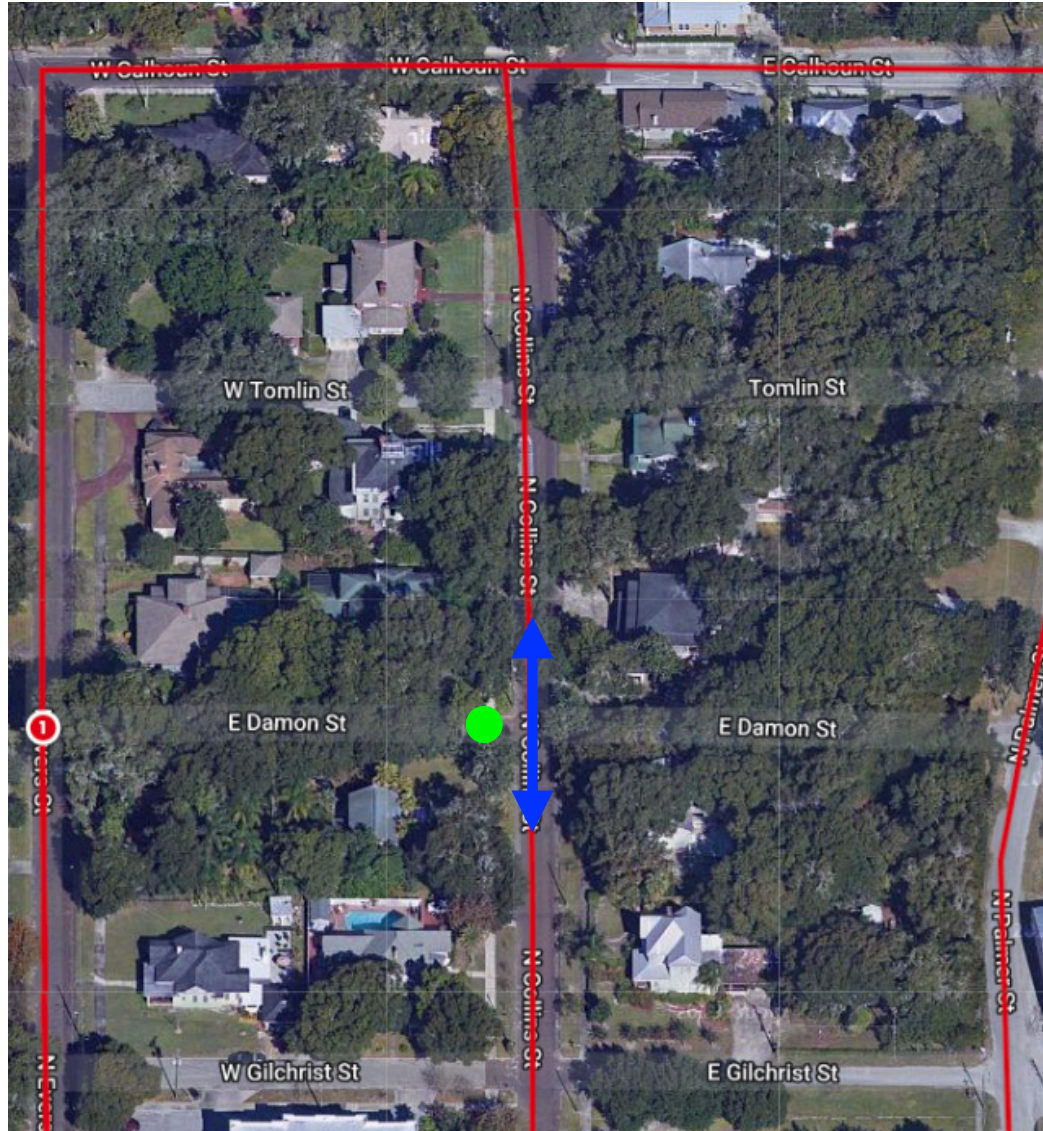
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
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Route 20 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

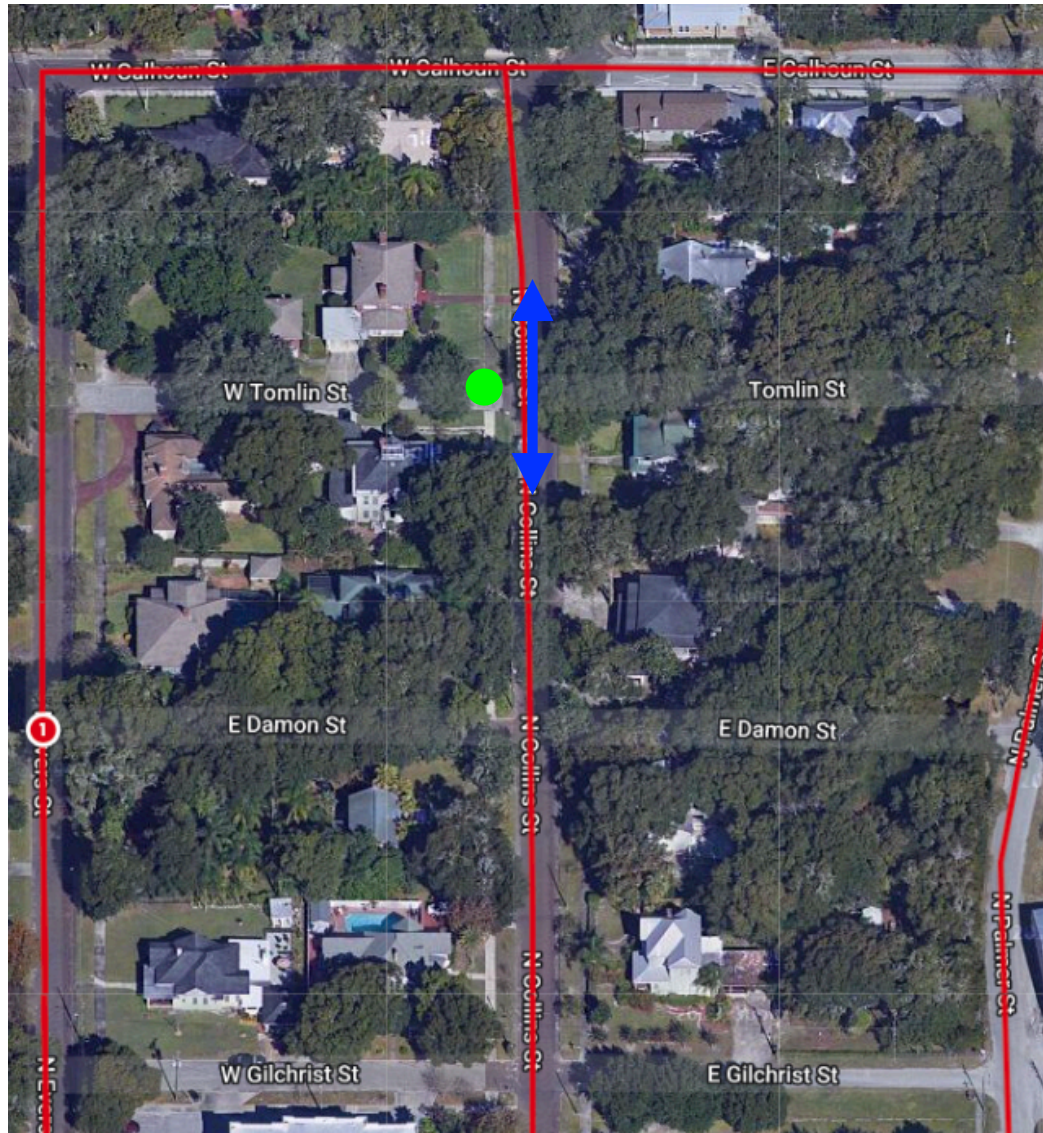
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, **FIRST** call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

Route 21 direct runners along the route



Run Course Volunteers

Arrive by 7:45 a.m., direct runners along the route.

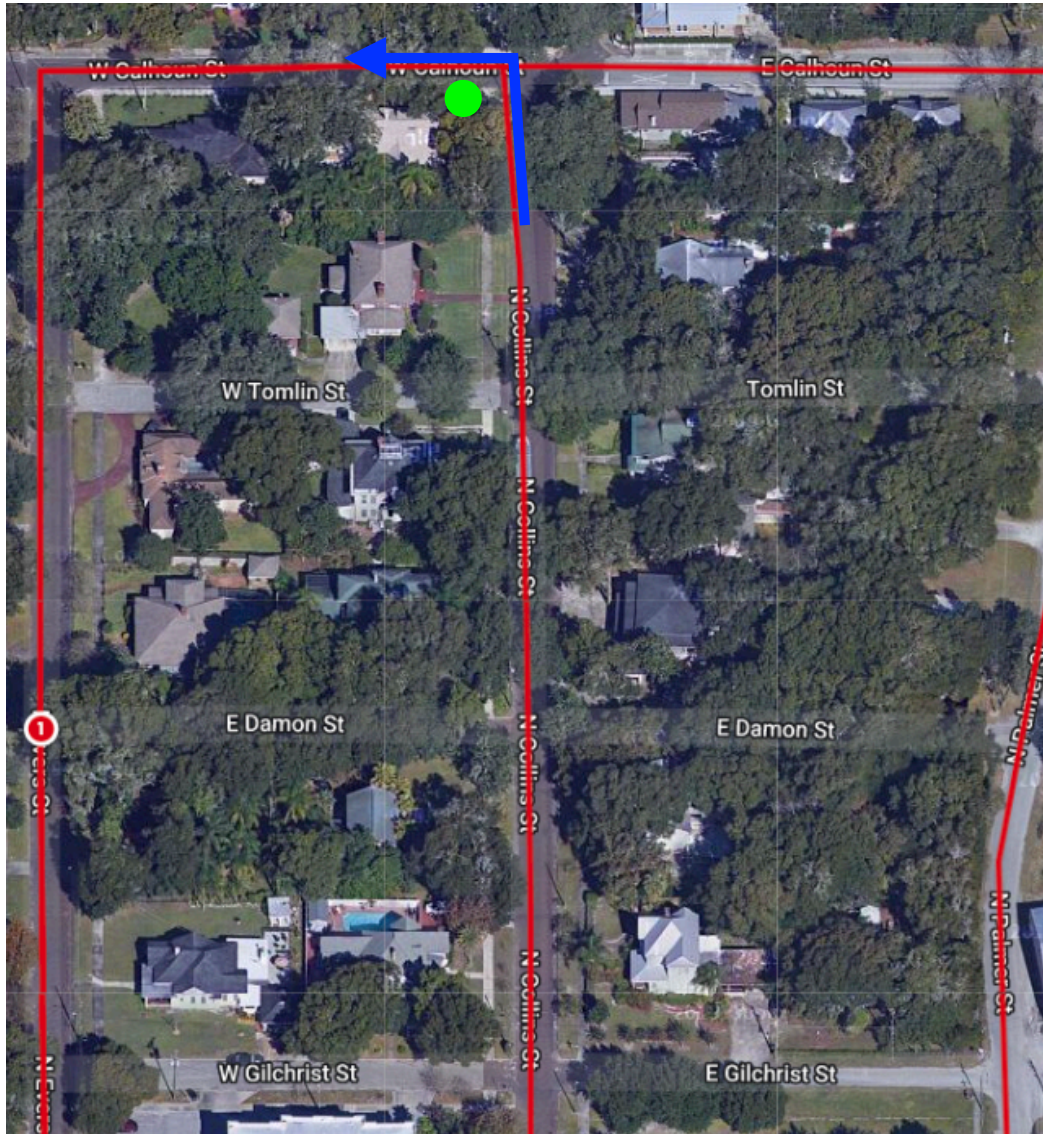
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
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Route 22 direct runners LEFT



Run Course Volunteers

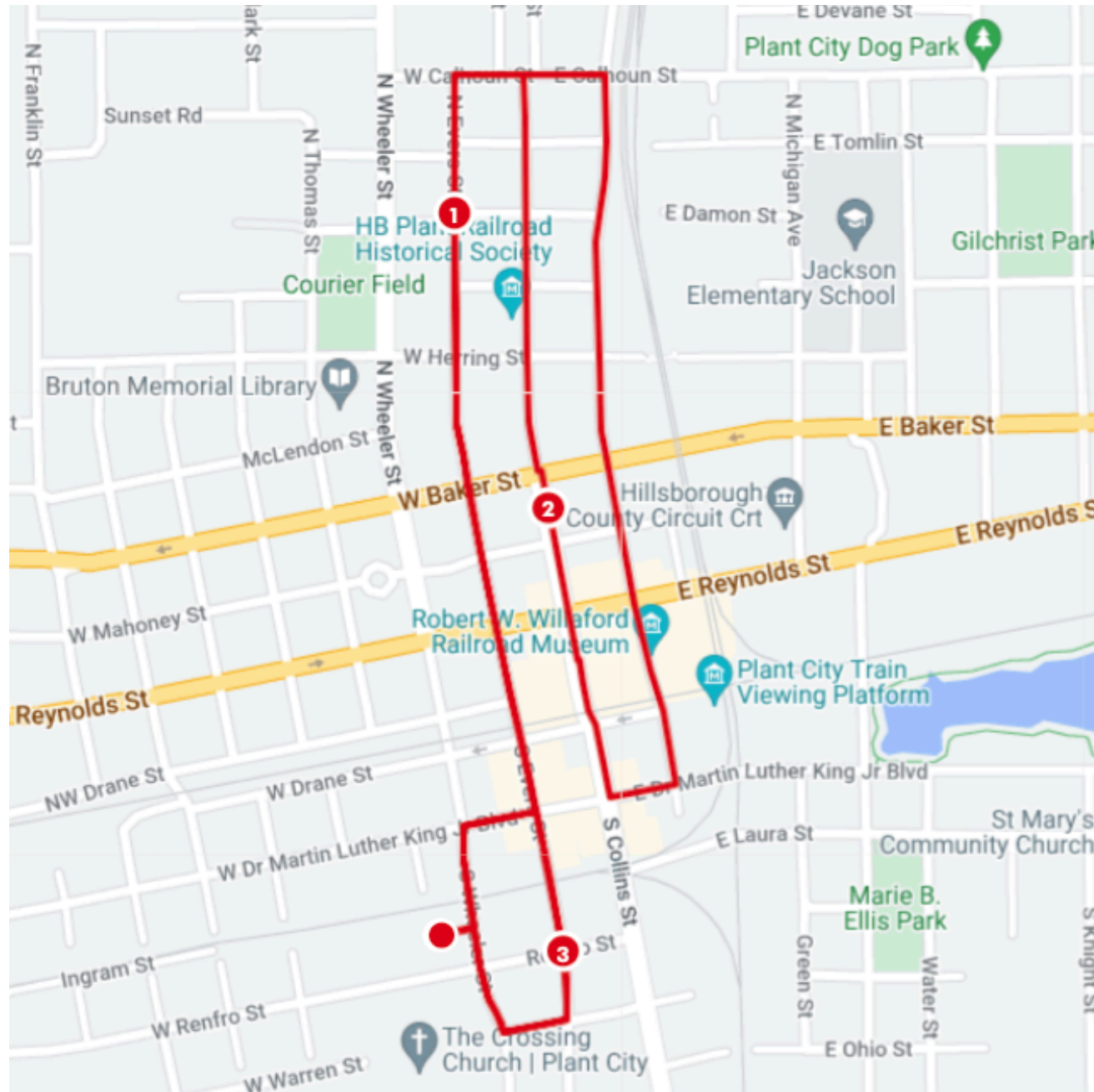
Arrive by 7:45 a.m., direct runners LEFT.

Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



Outrun Hunger 5k

Volunteer Assignments

Route 1

Name _____

Phone _____

Route 2

Name _____

Phone _____

Route 3

Name _____

Phone _____

Route 4

Name _____

Phone _____

Route 5 *(2 volunteers)*

Name _____

Phone _____

Route 6 *(2 volunteers)*

Name _____

Phone _____

Route 7 *(2 volunteers)*

Name _____

Phone _____

Route 8 *(2 volunteers)*

Name _____

Phone _____

Outrun Hunger 5k

Volunteer Assignments

Route 9

Name _____

Phone _____

Route 10

Name _____

Phone _____

Route 11

Name _____

Phone _____

Route 12

Name _____

Phone _____

Route 13

Name _____

Phone _____

Route 14

Name _____

Phone _____

Route 15 *(2 volunteers)*

Name _____

Phone _____

Route 16 *(2 volunteers)*

Name _____

Phone _____

Outrun Hunger 5k

Volunteer Assignments

Route 17 *(2 volunteers)*

Name _____

Phone _____

Route 18

Name _____

Phone _____

Route 19

Name _____

Phone _____

Route 20

Name _____

Phone _____

Route 21

Name _____

Phone _____

Route 22

Name _____

Phone _____

Aid Station 1 *(3-4 volunteers)*

Name _____

Phone _____