

## Become A Volunteer Today!

The Race to Cure Sarcoma (RTCS) is the premier 5K/1 Mile Fun Run/Walk series in the United States, focused on raising awareness and important research funds for sarcoma. Sarcoma is a rare cancer found in adults and 15-20% of all childhood cancers. Through the Race to Cure Sarcoma events, sarcoma patients, survivors, caregivers, medical professionals, and people who have lost a loved one, all come together as a community to support innovative research for better treatments and an end to sarcoma.

**Join Our Movement.** Volunteer to support the Sarcoma Foundation of America (SFA), in one of the following key areas at a Race to Cure Sarcoma event near you:

- **Registration:** Greet participants as they arrive at the registration tent. Assist with distribution of the race bibs and handing out t-shirts to pre-registered participants.
- **Course Marshal:** Assist with directing participants. Volunteers are positioned along the course to provide safety for the runners/walkers from automobiles, bikes, and other participants.
- **Finish Line:** Cheer and encourage participants as they cross the finish line. Hand out finisher medals to participants.
- **Water Stations:** Set up water station tables. Hand out water to participants along the course and at the finish line.
- **SFA Tent:** Pass out information on SFA. Manage giveaway items for participants.
- **Set-Up and Tear Down:** Assist SFA staff with setting up booths, cleaning up the event area, removing trash, and packing up supplies.

### **Requirements:**

- Must be at least 15 years of age
- Able to lift 5-10 lbs. and stand for 3-4 hours at a time.

### **Why Volunteer?**

Volunteering your time or energy can have amazing benefits.

- **Connection.** Volunteering gives you the chance to meet new people. Volunteering with family members or friends can also provide an opportunity to spend meaningful time with those people, thereby strengthening those relationships.
- **A Sense of Meaning.** Volunteering can provide an increased sense of purpose and self-confidence, as well as accomplishment.
- **Improved Health.** Volunteering can enhance peoples' overall sense of well-being.

To learn more about how you can volunteer at one of our RTCS events, please contact us at [events@curesarcoma.org](mailto:events@curesarcoma.org).

