



## Volunteer Roles

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All volunteers receive a *Ride for a Reason* t-shirt and water bottle, snacks/lunch during your shift, and gratitude from all the riders!

#### **4/27/16: Early Packet Pick-Up (6 volunteers)**

Distribute rider materials to participants at Sports Basement in Berkeley from 5:30PM-8:30PM.

#### **Day Of: Set-Up and Rider Prep at Oakland Tech (12 volunteers)**

5:30AM – 8:00AM

Help prepare the Starting Line! Tasks include: registration, bike check-in, breakfast set up, rider bag check, and bus check-in.

#### **Day Of: Bike Quick Check Stations (2 volunteers)**

6:00AM – 8:00AM

Help with any last minute, minor bike fixes. ***Volunteers must have their own tools and bike stand!*** Ideally, one volunteer will be stationed at Oakland Technical High School in the morning and another will be available at the Vacaville Lunch Stop (can be the same volunteer if they are willing to volunteer and travel from 6:00AM – 1:30PM).

#### **Day Of: Truck Drivers (2 volunteers)**

6:00AM – 8:00PM

Drive the 26-foot rental trucks that carry the bikes for the 45-milers and then the return ride back from Sacramento to Oakland. This will involve picking up a reserved rental trucks at a local U-Haul on Friday night, a full-day commitment on Saturday and returning the truck after the event. Drivers are encouraged to bring a willing passenger to keep them company! Snacks and lunch available at the Rest and Lunch Stops! Due to insurance purposes, drivers must be between the ages of 25-70 years old and have a clean driving record; a questionnaire will be required to be approved as a driver.

**Day Of: SAG Car Crew (16 volunteers)**

6:00AM – 8:00PM

This job involves driving the course with the riders on the day of the ride, assisting riders, helping with flat tires, support etc. All cars will have two volunteers. Designated drivers are required to attend a training meeting on Sunday, April 23rd from 3-6PM in Oakland. Due to insurance purposes, drivers must be between the ages of 25-70 years old and have a clean driving record. At least one person in each car must be able to change a flat tire. All gear will be provided by R4R in advance!

**Day Of: SAG Medics (2-3 volunteers)**

Trained nurses, medical doctors or EMTs only! We are looking for two to ride in SAG cars (all-day commitment) and to have one stationed at the Vacaville Lunch Stop (10:30-1:30PM).

**Day Of: Rest Stop Crew (10+ volunteers)**

Time varies between 6:00AM – 3:00PM, depending on Rest Stop location  
Be part of a team that sets up a rest stop and energizes riders with snacks and water to get them to the finish in Sacramento (two stops will serve lunch). Volunteers may check in and out directly at their rest stop location. No further commitment is required after the shift is over, however, you are more than welcome to volunteer at the finish line in Sacramento if your schedule allows!

**Day Of: Finish Line/Rally Set-Up/Strike and Rider Welcome in Sacramento (10+ volunteers)**

11:00AM – 5:00PM

Help welcome back the riders in style! Set up finish line, food, drink, etc. for rally at the Capitol after the ride. Check in riders as they arrive at the Capitol and distribute rider t-shirts. Organize riders and bikes for the bus ride back to Oakland. Pack up supplies for trip back home.

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Questions? Please email [Jessica@homegrownevents.net](mailto:Jessica@homegrownevents.net)