



American Heart Association®  
**Heart Walk**®



## **VOLUNTEER OPPORTUNITIES**

2018 San Antonio Heart & Stroke Walk & 5K Heart Race  
Saturday, November 10<sup>th</sup>  
Texas A&M University, San Antonio

*Thank you for offering your time to assist with the 2018 San Antonio Heart & Stroke Walk. We will be celebrating the **25<sup>th</sup> Anniversary** of the Walk and are expecting a record number of participants to join us. Our volunteers are the “heart” of our event and we could not achieve success with you!*

**FRIDAY, November 9th 9:00 AM – 4:00 PM**

### **Set-Up Team**

- Set up includes tables, chairs, banners, trash containers, tent decorations and other items as specified by the sponsor. Set up includes light lifting and some decorating. Lunch is provided.

**SATURDAY, November 10th**

### **Parking Coordinators**

6:00 am – 8:00 am

Direct sponsors, volunteers and walkers to open areas and VIP parking as applicable.

### **Runner Check-In**

6:30 am – 8:00 am

- Check in runners, distribute runner “swag” bags.

### **Relief Floaters**

6:30 am – 9:00 am

- Fill in positions as needed. May involve moving to different areas throughout the morning.

### **Greeters**

7:15 am – 9:00 am

- Greet walkers, pass out programs/route maps; direct volunteers to check in area; direct walkers to money turn in; direct entertainment to main stage to check in.  
**Get walkers excited as they arrive!!!**

### **Children's Area Volunteers/Face Painters/Balloon Artists/Clowns**

7:00 am – 11:30 am

- Responsible for assisting in children's area and supervise children at play at all times
- Responsible for set-up of area and tear-down at end of the event.

### **Photography Coordinators**

7:00 am – 10:30 am

- Direct participants, Walk committee, Teams, VIPs, survivors, entertainment and volunteers to photo staging area for photos; assist with Photo set-up of groups; assist photographers with his/her needs; ensure "shot list" is completed.

### **Sponsor Tents**

7:00 am – 11:30 am

- Pass out giveaways, and any materials the sponsors have. Distribute AHA literature and information and sign up participants for the AHA Grassroots network at the AHA booths. Take down the booth and pack materials.
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### **Route "Cheerleaders" & Hydration Stations (along the route)**

7:30 am – 11:00 am

- Distribute bottled water to walkers. CHEER THEM ON!  
You will receive pom pom shakers to cheer our walkers and runners along the 3.1-mile route path and keep them on course! Identify participants that need assistance, need medical attention and/or need to be picked up.

### **Clean-Up Crew**

10:30 am - 12:00 pm

- Break down areas, gather trash, load tables, chairs, take down banners, decorations and any miscellaneous items left over into storage vehicle.

### **Opening Ceremony Entertainment**

- If you or someone you know has a group that sings, dances or has a unique talent, we would love to see it! Our opening ceremony is a highlight of the Walk and we are looking for new and exciting ways to entertain the participants!

If you are interested in volunteering for any of the opportunities listed above, please submit the "VOLUNTEER COMMITMENT FORM" to: [tammi.martin@heart.org](mailto:tammi.martin@heart.org) or fax to 210-615-3695. For more information call Tammi at 210-810-3096.



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## **VOLUNTEER COMMITMENT**

2017 San Antonio Heart & Stroke Walk & 5K Race  
6:30am – 12:00pm  
Nelson Wolff Stadium

I/We would like to volunteer as an individual, group or company for the San Antonio Heart & Stroke Walk event. Below is our area of interest and our contact information.

Company/Group Name:

# of Volunteers:

Contact Name:

Telephone:

Email:

Mailing Address:

Area(s) of interest: \_\_\_\_\_

Additional Information about our volunteers (names & contact email/phone):

We will send you a description of your volunteer assignment by October 26th.

Volunteer confirmation letters will be available.

Thank you again for volunteering your time.

Get ready to lace up your sneakers and have fun!!!

[www.SanAntonioHeartWalk.org](http://www.SanAntonioHeartWalk.org)

Please return this form to: Tammi Martin at Fax (210) 615-3695  
or Email to [tammi.martin@heart.org](mailto:tammi.martin@heart.org)