

Tamarack Ottawa Race Weekend Volunteer Registration

Role	Role Description	Report Location	Day	Shift Time Options
<u>Race Kit Prep</u>	Volunteers will assist with prepping the Race Kit Pickup Area and organizing the Race Kits for participants. Minimum age = 14+	<u>Volunteer Check-In at Carleton University Fieldhouse</u>	Wednesday May 20, 2026	12:00PM - 3:00PM — 3:00PM - 7:00PM
<u>Race Kit Pick up - Expo</u>	Race Kit Volunteers are the first point of contact for participants, assisting with Race Kit distribution at the Carleton Fieldhouse. Participants pick up their kits here before heading to the Race Expo. Minimum age = 16+	<u>Volunteer Check-In at Carleton University Fieldhouse</u>	Wednesday May 20, 2026	2:30PM - 6:30PM
			Thursday May 21, 2026	3:30PM - 9:00PM
			Friday May 22, 2026	8:30AM - 3:00PM — 2:30PM - 9:00PM
			Saturday May 23, 2026	7:30AM - 1:00PM — 12:30PM - 6:00PM

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Role	Role Description	Report Location	Day	Shift Time Options
Merchandise Booth - EXPO	Support setup, teardown, restocking, and customer service at the merchandise booth. Lifting may be required. Minimum age = 15+	Volunteer Check-In at Carleton University Fieldhouse	Wednesday May 20, 2026	10:00AM - 6:00PM
			Thursday May 21, 2026	10:00AM - 3:00PM — 3:00PM - 9:00PM
			Friday May 22, 2026	8:30AM - 3:00PM — 3:00PM - 9:30PM
			Saturday May 23, 2026	8:30AM - 3:00PM — 3:00PM - 10:00PM
Information Booth - EXPO	This bilingual, outgoing volunteer role involves proactively assisting participants, spectators, and staff around the event site. Volunteers will receive training and maps to ensure they're prepared. Minimum age = 18+	Volunteer Check-In at Carleton University Fieldhouse	Thursday May 21, 2026	3:30PM - 9:00PM
			Friday May 22, 2026	8:30AM - 3:00PM — 2:30PM - 9:00PM
			Saturday May 23, 2026	7:30AM - 1:00PM — 12:30PM - 6:00PM

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Volunteer Check In - EXPO	Assist with the check-in of daily volunteers reporting to the Expo. Minimum age = 16+	Volunteer Check-In at Carleton University Fieldhouse	Wednesday May 20, 2026	11:00AM - 3:30PM
			Thursday May 21, 2026	9:00AM - 3:30PM
			Friday May 22, 2026	7:30AM - 3:30PM
			Saturday May 23, 2026	6:30AM - 3:30PM
Volunteer Check In - Downtown	Assist with the check-in of daily volunteers reporting to various locations for the race. Minimum age = 16+	Run Ottawa Volunteer Check In Tent - City Hall	Friday May 22, 2026	9:00AM - 4:00PM
			Saturday May 23, 2026	8:00AM - 1:00PM — 1:00PM - 6:30PM
			Sunday May 24, 2026	4:30AM - 10:00AM — 10:00AM - 1:30PM

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Merchandise Booth - Downtown	Support setup, teardown, restocking, and customer service at the merchandise booth. Lifting may be required. Minimum age = 15+	Run Ottawa Volunteer Check In Tent - City Hall	Saturday May 23, 2026	10:00AM - 4:00PM — 4:00PM - 10:00PM :
			Sunday May 24, 2026	6:00AM - 12:00PM — 12:00PM - 5:00PM
Information Booth - Downtown	This bilingual, outgoing volunteer role involves proactively assisting participants, spectators, and staff around the event site. Volunteers will receive training and maps to ensure they're prepared. Minimum age = 15+	Run Ottawa Volunteer Check In Tent - City Hall	Friday May 22, 2026	10:00AM - 3:00PM
			Saturday May 23, 2026	12:00PM - 5:00PM, 4:30PM - 9:30PM
			Sunday May 24, 2026	6:00AM - 2:00PM
Baggage Check	Volunteers are needed to assist with the baggage check at City Hall, where participants store their bags and gear. This role requires strong teamwork, organizational skills, the ability to lift, and standing. Minimum age = 13+	Run Ottawa Volunteer Check-In Tent - City Hall	Saturday May 23, 2026	2:00PM - 9:00PM :
			Sunday May 24, 2026	6:00AM - 1:00PM

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Role	Role Description	Report Location	Day	Shift Time Options
<u>Start Line</u>	Start Line Volunteers assist with setting up the area around the starting lines. This is a busy role with multiple races, different starting locations, and waves! Lifting items up to 25kg is required. Minimum age = 15+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Saturday May 23, 2026	1:00PM - 7:00PM
			Sunday May 24, 2026	5:30AM - 9:30AM
<u>Water Stations</u>	Volunteers assist with setting up water stations on the course and distributing water to race participants. Minimum age = 13+ <i>Volunteering as part of a group? <u>Follow this guide</u> on creating a team to help us pair you together!</i>	Variable: Route-Specific Water Stations	Saturday May 23, 2026	2:00PM - 8:00PM — 4:00PM - 8:30PM
			Sunday May 24, 2026	6:00AM - 1:00PM

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Role	Role Description	Report Location	Day	Shift Time Options
Route Support	Volunteers supervise closed intersections, ensuring safety for participants and spectators, and assist with reporting medical needs on the course. Minimum age = 16+ <i>Volunteering as part of a group? Follow this guide on creating a team to help us pair you together!</i>	Variable: Route - Specific areas	Saturday May 23, 2026	2:00PM - 9:00PM
			Sunday May 24, 2026	6:00AM - 2:00PM
Medals Distribution	Celebrate with participants as they cross the finish line! Help manage the flow of runners and award them their well-earned medals. Minimum age = 14+	Run Ottawa Volunteer Check In Tent - City Hall	Saturday May 23, 2026	9:00AM - 2:00PM - 1:30PM - 8:00PM
			Sunday May 24, 2026	7:00AM - 1:30PM
Finish Line	Assist in maintaining order and protocols at the immediate finish line. Minimum age = 14+	Run Ottawa Volunteer Check In Tent - City Hall	Saturday May 23, 2026	2:00PM - 8:00PM
			Sunday May 24, 2026	7:00AM - 1:30PM

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Role	Role Description	Report Location	Day	Shift Time Options
<u>VIP Finish Line Tent</u>	Assist with the VIP Tent by welcoming guests, checking them in, and providing race information. Minimum age = 14+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Saturday May 23, 2026	2:00PM - 9:00PM
			Sunday May 24, 2026	6:30AM - 12:30PM — 9:00AM - 2:00PM
<u>Recovery</u>	Assist in the post-race Recovery Area by keeping grab-and-go snacks stocked and distributing them to participants. Minimum age = 14+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Friday May 22, 2026	3:30PM - 7:30PM — 3:30PM - 8:30PM
			Saturday May 23, 2026	9:30AM - 3:30PM
			Sunday May 24, 2026	7:00AM - 1:00PM
<u>Doping Control</u>	Support the lead Doping Control Officer by chaperoning athletes selected for doping control, from the moment they cross the finish line until the process is complete. Minimum age = 18+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Saturday May 23, 2026	6:00PM - 9:30PM :
			Sunday May 24, 2026	8:00AM - 11:30AM

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Role	Role Description	Report Location	Day	Shift Time Options
<u>Event Team Pre-Race Crew</u>	Assist with the pre-race set-up of all operations at City Hall. Volunteers should be comfortable with moderate lifting and physical activity. Minimum age = 15+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Saturday May 23, 2026	8:30AM-12:30PM
<u>Event Team Post-Race Crew</u>	Assist with the post-race breakdown of all operations at City Hall. Volunteers should be comfortable with moderate lifting and physical activity. Minimum age = 15+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Sunday May 24, 2026	1:00PM - 5:00PM
<u>Extra Mile Crew</u>	The Extra Mile Crew offers on-route encouragement and be temporary running partners for participants who need a boost to reach the finish line. Crew members can expect to be running 10km or more. Minimum age = 16+	<u>Run Ottawa Volunteer Check In Tent - City Hall</u>	Saturday May 23, 2026	5:30PM - 8:00PM
			Sunday May 24, 2026	8:00AM - 2:00PM