

OCTOBER 12-15, 2017

Michelob ULTRA

Rock 'n' Roll
 HALF MARATHON
 ST. LOUIS

VOLUNTEER FOR THE RACE CREW!

The Michelob Ultra Rock 'n' Roll St. Louis Half Marathon is rockin' through your neighborhood October 12 – 15, 2017. With over 9,000 participants will complete their journey to their finish line. Rock 'n' Roll St. Louis also features live bands playing along the course, cheerleaders cheering along the route, and a finish line headliner concert. It's a 13.1 mile block party!

We invite you to be part of our Race Crew. You'll make friends, have fun, AND support thousands of runners and walkers as they work to achieve their goal of crossing their finish line! There are over 700 Race Crew volunteer positions available there is a spot for everyone, including teams, corporate groups, or just friends and family.

BENEFITS OF VOLUNTEERING

- Behind the scenes experience!
- [Official Race Crew T-shirt](#)
- Race Crew Drawstring Backpack
- Support great causes and have a great time!

AVAILABLE RACE CREW SHIFTS

(SEE WEBSITE FOR FULL LISTING)

- **Thursday, October 12 – Expo Setup**
 - 1:00pm to 4:00pm
 - **Friday, October 13 – Expo**
 - 2:00pm to 7:00pm
 - **Saturday, October 14 – Expo**
 - Shift 1 – 9:00am to 2:00pm
 - Shift 2 – 1:00pm to 5:30pm
 - **Saturday, October 14 – 5K**
 - Start/Finish Line – 6:15am to 10:00am
 - **Sunday, October 15 – Race Day**
 - Race Day Shift 1 – 4:45am to 9:00am
 - Gear Check – 5:00am to 12:00pm
 - Race Day Shift 2 – 5:30am to 12:00pm
 - **Water Stations** – times vary
- (Contact Volunteer Coordinator)



HOW TO REGISTER

- Step 1:** Go to runrocknroll.com/st-louis
- Step 2:** Click on "The Weekend" drop down menu on the top-right of the page, then select "Volunteer"
- Step 3:** View list of Race Crew shifts to determine the shift(s) that best fit your schedule
- Step 4:** Click the blue "Race Crew" button to sign up!

CONTACT US

Phone: 800.311.1255 x6957 | Email: stlouis@mnracecrew.com | Web: runrocknroll.com/st-louis/the-weekend/volunteer

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AVAILABLE POSITIONS

(for a complete list, please [visit our website](#))

HEALTH & FITNESS EXPO:

Check-In: Issue participant bibs and packets of important information. [GREAT FOR GROUPS](#)

T-shirts & Swag Bags: Distribute race participant T-shirts and Swag Bags to participants.

Souvenirs: Assist participants within the store, including check-out process.

START LINE:

Start Corrals: Direct participants in finding their assigned corral and assist in Start Area as needed. [GREAT FOR LARGE GROUPS.](#)

Gear Check: Collect and check in participant gear bags and assist runners during the process. [GREAT FOR LARGE GROUPS.](#)

Refreshments: Set up and distribute water and refreshments to participants in Start Village prior to the start of the race.

FINISH LINE:

Gear Return: Race Crew Volunteers are needed to facilitate the organization of gear bags, and return gear to each participant. [GREAT FOR LARGE GROUPS.](#)

Secure Zone: Hand out medals, water, sports drink, fruit, protein/energy bars plus other food items after participants cross the Finish Line. [GREAT FOR LARGE GROUPS.](#)

WATER STATIONS:

Various Locations along the Course:

Groups of 20 to 60 individuals are needed to hand out water, sports drink and energy gel along the course.

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