

2023

GROUP VOLUNTEER PROGRAM



ABOUT TWIN CITIES IN MOTION

Our Vision: A community that engages each other through movement, making for a healthier society both socially and physically.

Our Mission: TCM exists to ignite everyone's inner athlete, providing the best-in-class experience events for everyone regardless of ability, age, or background.

Our Purpose: To provide event platforms for everyone to experience the love of moving whether they are a participant, supporter, spectator, or the community at large. We do so by removing barriers to participation, supporting the running community specifically today, and by partnering with other nonprofits to help them advance their causes.

Since 1982, Twin Cities In Motion has organized the region's premier running events, including the Medtronic Twin Cities Marathon, a Top 10 U.S. Marathon.

TCM is a 501 (c) 3 nonprofit organization. We are proud to give back to our community by providing financial support to local youth as well as professional athletes. Collectively, TCM and its charity partners that fundraise at TCM events give back more than \$1.1 million annually to a variety of causes.

GROUP VOLUNTEER PROGRAM INFORMATION

TCM needs nearly 4,000 volunteers to produce the Medtronic Twin Cities Marathon Weekend of events and an additional 1,000 for year-round opportunities. We are a volunteer driven organization and are thankful to those who have been involved over the years. We want everyone to have an enjoyable time at our events and volunteers are instrumental in this process. Volunteering as a group is an excellent opportunity for companies to engage their employees and families in an exciting team-building activity and it's a fun way for school groups, churches, and other organizations to have a good time and support the Twin Cities community!

APPLYING TO BE A VOLUNTEER GROUP

To apply for the Group Volunteer Program, you must:

1. Read through the Group Volunteer Packet.
2. Complete the Group Volunteer Program Application Form. Indicate which areas your group would be interested in participating in and an estimated number of volunteers (pages 4-6). Note: if you are not able to complete the form in full but know you would like to participate as a group, email volunteer@tcmevents.org to start the process.
3. Send completed forms to Kelli Haapala, Senior Volunteers Manager, at volunteer@tcmevents.org.
4. If you are interested in group fundraiser opportunities, contact volunteer@tcmevents.org.

Please note volunteer positions are given on a first-come, first-served basis.

MEDTRONIC TWIN CITIES MARATHON WEEKEND GROUP OPPORTUNITIES

Health & Fitness Expo (Friday & Saturday)

With over 42,000 attendees, the Health & Fitness Expo kicks off the Medtronic Twin Cities Marathon Weekend at the Saint Paul RiverCentre. Groups are a perfect fit to help with packet pick-up, helping participants to get their race packets the days before the race. Group volunteer shifts range from 3-6 hours.

Saturday Events

On Saturday, the TC 10K, presented by Dermatology Consultants, TC 5K, presented by Fredrikson & Byron, P.A. and Medtronic TC Family Events take over the State Capitol grounds for a day of fun for the whole family! From the Diaper Dash to the 10K, volunteers are utilized to help with all areas of the day's races. Groups of all sizes are encouraged to get involved in this great day of events. Things move quickly on Saturday, so groups and individuals sign up for a shift in which they may be assigned to multiple tasks on race day, which makes for a great variety. Group volunteer shifts range from 4-6 hours.

Start Line (Sunday)

We have many opportunities for groups at both the start line of the Medtronic Twin Cities Marathon and Medtronic TC 10 Mile. If you're a morning person, this is the ideal task for you! Better yet, if you'd like to see the finish line of the race, being a start line volunteer allows your group to spectate and cheer for participants at the finish line once your shift is done! Group volunteer shifts range from 3-4 hours.

Fluid Station (Sunday)

There are 14 fluid stations and one nutrition station along the Medtronic Twin Cities Marathon and Medtronic TC 10 Mile courses, each utilizing approximately 100 volunteers. Groups of all sizes are used to fulfill each fluid station's volunteer needs. Fluid stations are ideal for large groups, with early morning shifts that are approx. 4 hours (larger donations available for some positions with longer durations). Shift time is dependent on course placement.

Volunteers assist with fluid station setup and cleanup, mixing electrolytes, and handing out water and electrolytes to participants. We take participant hydration seriously, so it is important that volunteers are willing to work quickly and efficiently under the direction of the Fluid Station Captain (provided and trained by TCM). We also take fun seriously and we want our volunteers to have a good time, cheering on participants and encouraging them as they go by! **Please note:** Age restrictions may apply for specific volunteer tasks.

Course Marshal (Sunday)

Course marshals are vital to our races. They not only monitor intersections to ensure participant safety along the course, but they have the best view of the race to CHEER on participants. This is ideal for groups who would enjoy being spread out along the course. This position involves individuals monitoring intersections; however, it is a fun and unique opportunity for groups to work a series of intersections in a row. **Please note:** For safety reasons, volunteers in this position under the age of 18 must be accompanied by an adult. Group volunteer shifts range from 3-9 hours, depending on course placement.

Clean Up Crew and/or Green Team (Sunday)

As a part of our commitment to the Twin Cities community, it is always our goal to leave the areas cleaner than when we started. We utilize groups to help with cleanup in all areas of the race – from start to finish and everything in between. Group volunteer shifts range from 4-5 hours.

Finish Line (Sunday)

The finish line area is a fun way for groups to be a part of the excitement in the post-race finish line area. From handing out food to gear check, there are positions available for groups of all sizes! Group volunteer shifts range from 6-9 hours.

Security and/or Bandit Patrol (Sunday)

At TCM, we are committed to putting on world-class events that are both fun and safe for participants, spectators, and volunteers. To maintain a safe environment, we need friendly, polite, assertive volunteers who are willing to follow and communicate the protocol set up by TCM and Capitol Security in our Finish Line area. **Please note:** For safety reasons, volunteers in this position under the age of 18 must be accompanied by an adult. Group volunteer shifts for this position range from 5-9 hours.

From the two-day Health & Fitness Expo to the Medtronic TC Family Events to Sunday volunteer activities, there's something for everyone. If you are interested in volunteering as a group in an area not covered above, email volunteer@tcmevents.org.

POTENTIAL VOLUNTEER ACTIVITIES THROUGHOUT THE YEAR

For our additional events throughout the year, groups mainly volunteer at the start/finish line and along the course. At the start/finish line, key areas include registration, shirt distribution, gear check, clean/green team, and refreshments. Occasionally, we have projects at our office and in our warehouse that we need assistance with, in addition to the events. Please note age restrictions may apply for specific volunteer tasks.

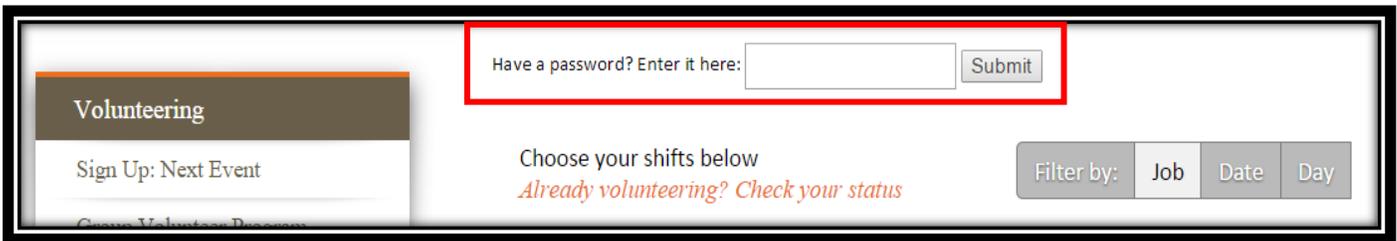
WEBSITE PRESENCE

As a way of saying THANK YOU to our great volunteer groups and to celebrate your hard work, we highlight our groups on our website! To see last year's groups, visit our website: <https://www.tcmevents.org/support/volunteer>

REGISTRATION PROCEDURES

Registration for groups is simple. If applicable, we will create a unique password for your group and either the group leader, or the individuals volunteering in the group will follow the step-by-step instructions provided by TCM to get all the volunteers in the group registered, accounted for, and assigned their duties.

SCREENSHOT IDENTIFYING LOCATION FOR UNIQUE PASSWORD



GROUP FUNDRAISING PROGRAM

As a nonprofit organization, TCM has a strong commitment to the Twin Cities community. One of the many ways in which we give back is through our Group Volunteer Fundraising Program. While our groups volunteer to give back to the community, promote comradery among teams, and gain volunteer hours, we recognize that volunteering can also be a great way to raise funds. Each year, TCM gives a select number of groups fundraising dollars for their volunteer hours. To learn more about the Group Volunteer Fundraising Program, please contact volunteer@tcmevents.org.

Please note to earn funds, groups must be enrolled in the program and have filled out the Group Fundraising Agreement. Additionally, funds are allocated on a first come, first serve basis.



TWIN CITIES IN MOTION | GROUP VOLUNTEER APPLICATION 2023

Please complete the following information. A Twin Cities In Motion (TCM) staff member will notify you of your acceptance as a volunteer group and will send registration instructions and a volunteer group waiver. The TCM Senior Volunteers Manager will then work with the group leader to coordinate your volunteer shift and duties. TCM will work to the best of our abilities to match groups with their desired positions.

ORGANIZATION INFORMATION

Organization/Group Name: _____

Primary Contact: _____ Title: _____

Organization Address: _____

City: _____ State: _____ Zip: _____

Business Phone Number: _____ Cell Phone Number: _____

Email Address: _____ Estimated Number of Volunteers in Group: _____

Will the primary contact be on site race day? YES or NO If not, please provide contact information below.

Race Day Contact: _____ Cell Phone Number: _____

Has your group volunteered with TCM before? (**Circle one**) YES or NO If so, where, and when?

Opportunities (check events and areas of interest):

Medtronic Twin Cities Marathon Weekend (Friday, September 29 – Sunday, October 1, 2023). Various shift times (approx. timeframes listed within packet)

- Health & Fitness Expo (Friday & Saturday)*
- Saturday Events*
- Start Line (Sunday)*
- Fluid Station (Sunday)*
- Course Marshal (Sunday)*
- Finish Line (Sunday)*
- Security and/or Bandit Patrol (Sunday)*
- Clean Up Crew and/or Green Team (Sunday)*
- No preference*

Hot Dash 5K & 10 Mile, presented by Summit Brewing Co. (Saturday, March 25, 2023)

- Packet Pickup/Registration/Start Area*
- Gear Check*
- Course Marshal*
- Fluid Station*
- Green Team*
- Finish Area*
- No preference*

Get In Gear (Saturday, April 29, 2023)

- Packet Pickup/Registration/Start Area*
- Gear Check*
- Course Marshal*
- Fluid Station*
- Green Team*
- Finish Area*
- No preference*

 PNC Women Run the Cities, presented by TRIA (Saturday, May 20, 2023)

- Packet Pickup/Registration/Start Area*
- Gear Check*
- Course Marshal*
- Fluid Station*
- Green Team*
- Finish Area*
- No preference*

 Turkey Day 5K (Thursday, November 23, 2023)

- Packet Pickup/Registration*
- Start/Finish Area*
- Gear Check*
- Course Marshal*
- Green Team*
- Finish Area*
- No preference*

INFORMATION TO BE LISTED ON TCM GROUP VOLUNTEER WEBSITE

Organization Name: _____

Tell us why you volunteer for TCM (150 words or less): _____

Is your group interested in learning more about our Group Fundraising Opportunities? (Circle one) YES or NO

Is your organization a nonprofit? (Circle one) YES or NO

If your organization is not designated as a nonprofit, and you wish to fundraise, will the proceeds be going to a nonprofit? (Circle one) YES or NO

Please provide details regarding the organization you will be supporting:

Please note that donation eligible positions are awarded on a first-come, first-served basis and are only available to nonprofit groups. Additional paperwork is also required for Fundraising Groups.

Applications should be submitted via Email to volunteer@tcmevents.org

Questions? Contact Kelli Haapala volunteer@tcmevents.org