

Team Sweatshirt/Sports Bra Order: Once a "runner-created" design is chosen by the team, captains collect runner's money and order forms and pass to parent coordinator. Parent coordinator has the option of getting price quotes from sweatshirt companies in town--or can just go with the company used in the past--then taking the design and placing the order. You will handle the money transactions between the runners, school, and business. When orders arrive, volunteer will coordinate with captains, who will distribute during practice. This position starts immediately and ends once the order is received.

COORDINATOR: Marg Halloran PHONE#: 229-4409 eMAIL mhalloran@gci.net

VOLUNTEER #1: Sue Magee PHONE# 522-3005 eMAIL:semagee@gci.net

VOLUNTEER #2: _____PHONE#:_____eMAIL: _____

Spaghetti Dinner Shopper: Shop for food and deliver to parent volunteer hosts each weekend.

COORDINATOR: Sheila Hanson PHONE#:868-7631 eMAIL: hansonak@gci.net

RACE DAY: Each meet needs a tent, table and two coolers (one with water and one with sports drink) set up from the start. The kids can set it them and take them down, but we need parents to commit to getting these items to the meets.

TENT 1 Team Tent: Goodman 344-6146 eMAIL:mhcgoodman@acsalaska.net

TENT 2 Food Tent Goodman 344-6146 eMAIL: mhcgoodman@acsalaska.net

TABLEs VOLUNTEER:Okeson PHONE#:_____eMAIL: _____

Gatorade COOLER VOLUNTEER: Xavier 644-0592 eMAIL: _____

Water COOLER VOLUNTEER: Xavier 644-0592 eMAIL: _____

Snacks at Races: _____ SEE Sign up Sheet

Spaghetti Dinner _____ SEE Sign up Sheet

Southside Scramble: Coordinate with South High and Grace Christian, some sort of snack following the meet. Has been an ice cream social in the past, with make your own ice cream sundaes.

COORDINATOR: Diana Parke 727-4605 dparke@gci.net

VOLUNTEER #1: Jamekia Dunbar 302-632-6276 jamekia875@yahoo.com

VOLUNTEER #2: Christine Brune 887-6590 brune@gci.net

VOLUNTEER #3 Kathryn Smith 344-5884 kathrynkurlzsmith@yahoo.com

Regions BBQ: This has become a really fun end to the season and takes place at the Regions Meet in Kincaid. We set up a Service tent, bring out 1 or 2 BBQs, purchase burgers, hot dogs and fixins, some munchies and drinks, and cheer on all teams that run by. Families are asked to bring a side dish. We start to set up before the race begins and the food is ready when the runners finish their race. There is a good "purchase" list already established from years past so no one needs to reinvent the wheel. We need a parent to coordinate this effort.

COORDINATOR Kathie Evingson 727-4252 kevingson@anchorage.net:

VOLUNTEER #1: Jamekia Dunbar 302-632-6276 jamekia875@yahoo.com

VOLUNTEER #2 Diana Parke 727-4605 dparke@gci.net

Awards Banquet: At the end of the season, there will be a themed awards banquet. The team captains and parents organize committees for food, set up and clean up, decoration and slide show. This is the time when we all get together to congratulate our runners, issue letters and awards and celebrate a great season. There usually is a video/slide show as well. All families are invited to attend this fun evening.

COORDINATOR: _____ PHONE#: _____ eMAIL: _____

VOLUNTEER #1 Jamekia Dunbar 302-632-6276 jamekia875@yahoo.com

VOLUNTEER #2: _____ PHONE#: _____ eMAIL: _____

Senior & Coaches Gifts: Help plan and coordinate senior and coaches gifts, to be distributed at awards banquet. Preferably a senior parent!

COORDINATOR: M. Pruzenski 868-2568 pruzenskis4.me.com

VOLUNTEER #1: Pam Okeson 223-4267 pokesonak@gmail.com

VOLUNTEER #2: _____ PHONE#: _____ eMAIL: _____

Photos and videos are appreciated! Kids love to watch videos of the races, see their pictures on the web site, and exchange photos. Parents are needed to take photos or videos of racers so we can put together a photo show or video presentation for the banquet. The coaches will also need parents to video tape runners at races for video analysis by the coaches. To post your photos on the web, you can email them to janhazen-at-gmail-dot-com. Save images as 72 dpi jpeg's. To donate photos for our photo show at the banquet save the images as 150dpi jpeg's or better. PLEASE HAVE THEM WEB READY by reducing the dpi to 72 and having them about 2"x3".

COORDINATOR: Denise Deal Phone: eMAIL: _____

Just submit your photos and movies to Jan for immediate display on the web site.

Adult runners welcome at practices: We always welcome parents and friends to come run with us at practices. Because we are a large team, having more bodies out there is essential as kids of different paces spread out on the trails. You don't have to be a fast runner to help!

No need to sign up! Just show up!