



## Volunteers Needed!

The [Lehigh Valley Health Network Via Marathon](#) raises funds to support Via's programs for children and adults with disabilities like autism, Down syndrome and cerebral palsy. The LVHN Via Marathon is run from Allentown through Bethlehem to Easton and follows the Lehigh River canal towpath.

**Volunteers Needed:** Various posts throughout the race and walk course. Volunteers cheer on the runners, staff water stations and help keep runners on course. Shifts vary from 2 to 6 hours, with start times between 5:30 and 7am. Volunteers are needed for race packet assembly and on Saturday for the Via Walk, 5K Run, Kids Race and Expo. Come out for a day of fun and help keep the runners moving!

Register your company, school or organization's volunteers at [www.ViaMarathon.org](http://www.ViaMarathon.org). To volunteer as a group, indicate the company or organization name in "Special Requests" to be placed together (i.e. "station with Wagner Solutions").



Job Title	Volunteer Job Description – more available online!	Teams
Water Station	<ul style="list-style-type: none"> <li>• <b>Runner Hydration:</b> As runners pass by, hand out water and PowerAde. Runner hydration is vital to keeping them going!</li> </ul>	Teams of 5
	<ul style="list-style-type: none"> <li>• <b>Cheerleader:</b> It's a long course and you may be the only people runners see for miles. Get up, get excited, and keep them moving. Be creative, decorate your hydration station in a theme, bring a radio to play music, wear funny hats – you'll be part of the inspiration that keeps the runners motivated.</li> </ul>	
Course Marshals	<ul style="list-style-type: none"> <li>• <b>Keeping Runners on Course:</b> Runners get in a zone and need plenty of advance warning to know which way to head. As soon as you see a runner, begin to signal with your hands - and giant foam finger, provided by Via - and your voice which direction they are supposed to go.</li> </ul>	Teams of 2
	<ul style="list-style-type: none"> <li>• <b>Cheerleader:</b> It's a long course and you could be the only people runners see for miles. Get up, get excited, and keep them moving. Be creative, bring a radio to play music, wear a funny hat – you'll be part of the inspiration that keeps the runners moving.</li> </ul>	

To Volunteer, visit [ViaMarathon.org](http://ViaMarathon.org) and click on the Volunteer Button.

If you have questions or need additional information, please contact:  
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**VOLUNTEER TODAY | VIAMARATHON.ORG**