

# Volunteer Guide

## WALK & WAG FOR ONE HEALTH

5K RACE • 3K FUN RUN • KIDS FUN ZONE • DOG ZONE • EDUCATION ZONE • ADOPT A DOG  
PET PHOTO BOOTH • CELEBRATE THE HUMAN & ANIMAL BOND



## Requirements

- Must be 13 years or older (or have an adult with you) at the time of the event to volunteer
- Must stay for entire shift
- Must sign Walk & Wag Participant and Volunteer Waiver through Run Sign Up Site or in person at the Walk & Wag
- Flexibility on your assigned task
- A smiling face!

**Volunteer Sign Up Site:** <https://runsignup.com/Race/Volunteer/LA/Sulphur/WalkandWagforOneHealth>

### Packet Pickup:

On the day before the race, assist with checking people into Walk & Wag for One Health 3K. Assist with selling merchandise, handing out T-shirts, etc.

October 29; The Grove, Heritage Square Sulphur, LA from 5:30 pm to 7:00 pm

### Race Day Setup Crew:

Assist the LOHA crew in preparing the start/finish areas, Education Zone, Dog Zone, and Kids Zone for participants. Some heavy lifting may be involved.

-Moving Ice chests, tables, chairs, equipment

-Setting up banners, table cloths, signs, etc

Please be at The Grove @ Heritage Square at 6:00 am shift will last until 8:30

**Race Day Registration and Merch:**

You will be handling all things registration and merchandise!

-Packet Pick Up from preregistered participants

-"Day of" Registrations

-Cashier

-Merchandise Sales- shirts, bandanas, bracelets, food coupons, stickers, dog bowls

[October 30; The Grove, Heritage Square at 7:00 am shift will last until 12 pm](#)

**Water Station on Race Route:**

You will be stationed along the race route at one of two cooling stations. You will pass out water bottles or cups of water to runners as they pass by, cheer runners on, and clean up any garbage left behind. You will also need to make sure owners have enough water to also give their dogs in their collapsible water bowls.

[October 30; The Grove, Heritage Square at 7:30 am shift will last until 10:30](#)

**Education Zone Guide:**

You will help keep participants moving through the presentations and hand out quizzes and pens. You will be responsible for picking up quizzes as well. You may also be helping the Education Station presenters with fine tuning set up and clean up.

[October 30; The Grove, Heritage Square at 9:00 am shift will last until 12 pm](#)

**Kid Zone Face Painting:**

Paint kids' faces into animals at the Kids Zone. You'll need to show up a little early, and you'll help with cleaning up. Be ready to have an awesome time! Please see your art teacher for details. There will be wipes there for cleanup and choice boards for kids to choose their face painting from.

[October 30; The Grove, Heritage Square at 9:00 am shift will last until 12 pm](#)

**Kid Zone- Inflatable Kids' Activity Timekeeper:**

You will referee and keep time to ensure that kids get equal playing time and all is fair.

[October 30; The Grove, Heritage Square at 9:00 am shift will last until 12 pm](#)

**Kid Zone- Balloon Animals**

This is your chance to show off your balloon animal skills! You will be responsible for making balloon animals for event participants. LOHA will provide balloons

[October 30; The Grove, Heritage Square at 9:00 am shift will last until 12 pm](#)

**Kids Zone- Pansy Seed Planting:**

If you have a love for photography and have your own camera, we want you! Come to the race and take pictures of all of our racers having tons of colorful fun. Please note that you must provide your own equipment. You will be asked to submit copies of any photos or videos taken to LOHA so that we can share them with our participants.

[October 30; The Grove, Heritage Square at 9:00 am shift will last until 12 pm](#)

### **Dog Zone Volunteer**

Make sure pet owners are watching their dogs and keep them on leashes, offer water to dog owners if needed, make sure owners have poo bags to pick up their dog's poo if needed. Assist pet owners with whatever they may need while they enjoy their time at the Dog Zone. Help judges in keeping the flow of the "best dog costume" contest and the "best dog trick" contest and assist where needed.

[October 30; The Grove, Heritage Square at 8:00 am shift will last until shift until 12](#)

### **Dog Zone- Smooch Your Pooch Photo Booth**

Oversee the Smooch Your Pooch Photo Booth. You will help dogs and their owners get situated in the photo booth, take a pic of participants and their pets using their phone.

[October 30; The Grove, Heritage Square at 8:00 am shift will last until 12 pm](#)

### **Finish Line Cheering Team:**

Cheer for the runners as they cross the finish line; this shift is great for large groups of people and/or cheerleading teams.

[October 30; The Grove, Heritage Square at 7:30 shift will last until 10:30 am](#)

### **Finish Line Festival**

Set up and get the Finish Line Festival ready to pass out fruit, water, and give away bags to race participants as they complete the 3K

[October 30; The Grove, Heritage Square at 7:00 am shift will last until 10:30 am](#)

### **Event Cleanup**

Assist the LOHA crew with cleaning up education stations, breaking down tents, moving coolers, loading equipment, and cleaning the course. Some heavy lifting may be involved.

[October 30; The Grove, Heritage Square at 11:45 am shift will last until 1:30](#)

### **Photographer:**

If you have a love for photography and have your own camera, we want you! Come to the race and take pictures of all of our racers having tons of colorful fun. Please note that you must provide your own equipment. You will be asked to submit copies of any photos or videos taken to LOHA so that we can share them with our participants.

[October 30; The Grove, Heritage Square at 7:00 am shift will last until 12 pm](#)

## **After Signing Up**

You will receive an email confirming that you signed up for a Walk & Wag volunteer shift. We will also send you periodic updates before the race to make sure you are ready for your shift.

If for some reason you cannot come for your volunteer shift, please let us know as soon as possible. We have a limited number of volunteer shifts, and many people on our waiting lists would love a chance to get in on this fun!

## Contact Information

Amy LeBoeuf (337) 274-9421 or [LouisianaOneHealthInAction@gmail.com](mailto:LouisianaOneHealthInAction@gmail.com)

## Commonly Asked Questions

### ***How do I sign up with a few friends?***

Please have all of your friends complete the registration on the volunteer site. When you arrive on race day, just let our staff know that you're together, and they'll try to assign you the same area!

### ***What are my transportation/parking options at the event?***

There are no pre-arranged parking arrangements or designated lots, so we recommend volunteers arrive early for their volunteer shift to accommodate time to find parking.

### ***What should I wear?***

All volunteers should wear what shirts best represent your company or club to show off your volunteer efforts. Besides this, feel free to add your own flair to your outfit! Colorful boas, hats, socks, tutus etc. make things more magical! We will feed you and thank you for helping us with the Walk & Wag for One Health and to Beat Bartonella!

**See Set Up Diagram Below**



# Walk & Wag Set Up

## Dog Zone

Animal Control

Sponsor table

Best Dog Trick and Best Costume

Smooch Your Pooch Photo Booth

Food Tent Bowls for Bartonella

DJ Silent Auction

Photo Booth

3K & 5K Warm Up

## Education Zone

Bleachers

Merch

Finish Line Festival

Start Finish

Registration

Live Painting

## Kid Zone

Inflatable Activity

Face Painting

Balloon Animals

Pop Up Library

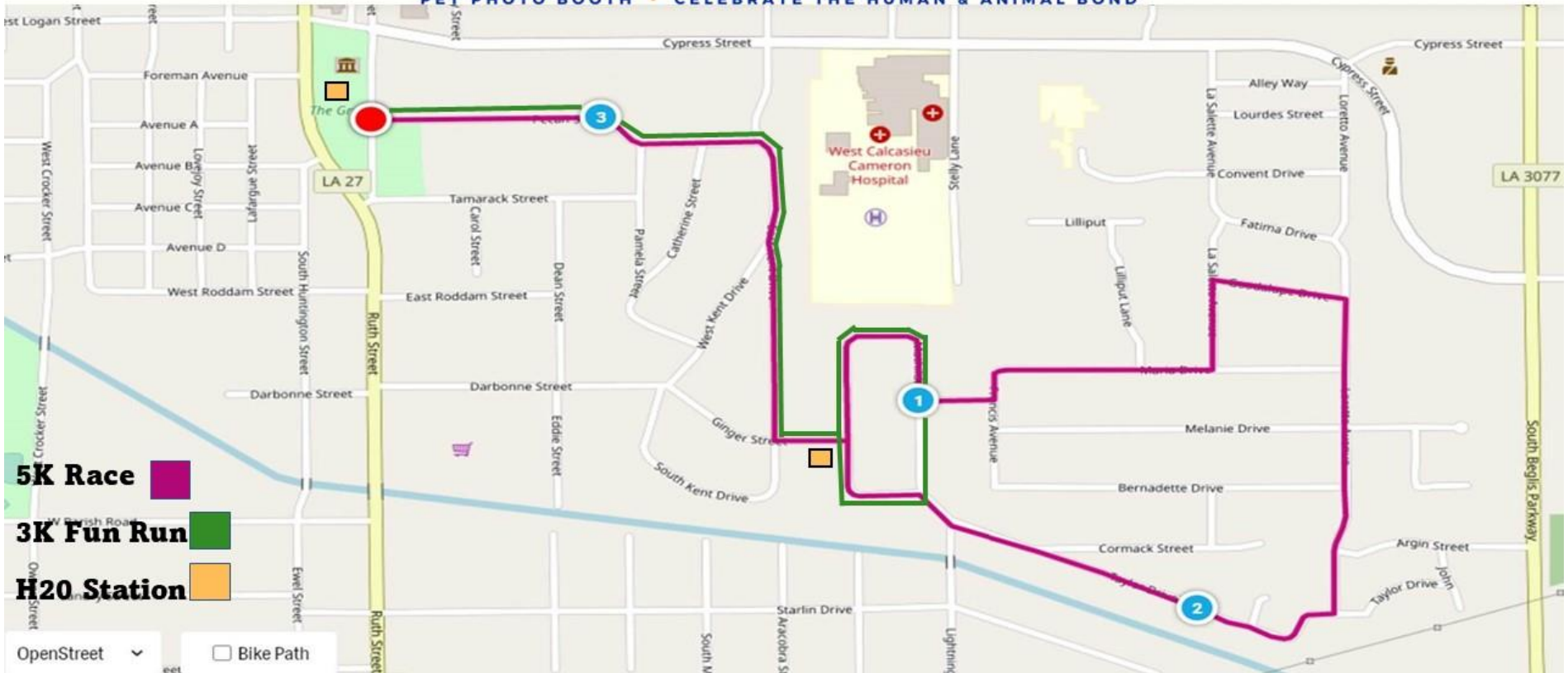


# Route Map and Water Stations

# WALK & WAG

## FOR ONE HEALTH

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- 5K Race** 
- 3K Fun Run** 
- H2O Station** 

OpenStreet   Bike Path