

LAFR Pride Run 2026 Volunteers**Please read thoroughly, many of you are in more than one area!**

| Contact Peeps | Name | Notes: |
|----------------------|-------------|--------------------|
| 1 | Angus | Race Director |
| 2 | Bill A | Race Director |
| 3 | Joey | Volunteer Wrangler |

SET-UP/PRE-RACE

| Course Set Up | Name | Notes: |
|----------------------|-------------|---------------|
| 1 | Bills | |

| Registration | Name | Notes: |
|---------------------|-------------|---------------|
| 1 | Laura | 5K |
| 2 | Mikey | 5K |
| 3 | Walsky | 5K |
| 4 | Peachy | Ultra |
| 5 | Erin | not racing |

| T-Shirts | Name | Notes: |
|-----------------|--------------|---------------|
| 1 | Reg | not racing |
| 2 | Rick | 5K |
| 3 | Doug & Kylie | 10K |

| Water Stop | Name | Notes: |
|-------------------|-------------|-------------------------------------|
| 1 | Dr. D | 5K - set up/return after loop 1 10K |
| 2 | Jim | 5K - set up/return after loop 1 10K |
| 3 | Carbuto | not racing |
| 4 | Jon Chu | after 10K |
| 5 | Mark | take Jon Chu after 10K |

| Step & Repeat/Risers/Awards | Name | Notes: |
|--|-------------|------------------------|
| 1 | Treven | step and repeat/risers |
| 2 | Ricardo | step and repeat/risers |
| 3 | Sumalee | awards |
| 4 | Liz | awards |

| Pop Up Tent Crew/Sherpas 4 Timers | Name | Notes: |
|--|-------------|---------------|
| 1 | Al | |
| 2 | Dan | |
| 3 | McG | |
| 4 | Jon Chu | |

| Finish Line Food Set-Up | Name | Notes: |
|--------------------------------|-------------|---------------|
| 1 | Alex G | |
| 2 | Denise | |
| 3 | Esther | |
| 4 | Donna | |

| Finish Line Set-Up | Name | Notes: |
|---------------------------|-------------|---------------|
| 1 | John Miles | |
| 2 | Peng | |
| 3 | Mark | |

| 10K turnaround Water Stop | Name | Notes: |
|----------------------------------|-------------|---------------|
| 1 | Piyush | |

| Kids Race & Kids Registration | Name | Notes: |
|--|-------------|----------------------------|
| 1 | Eddie | registration/race |
| 2 | Piyush | race |
| 3 | Ricardo | race |
| | | |
| Tunes | Name | Notes: |
| 1 | Eddie | Tunes |
| DURING RACE | | |
| | | |
| Medals | Name | Notes: |
| 1 | Chau | |
| 2 | Esther | after 10K |
| 3 | Denise | after 10K |
| | | |
| Course Monitors | Name | Notes: |
| 1 | Wink | poop house turn 10K |
| 2 | Eric | poop house turn 10K |
| 3 | Brads | Ranger Station corner |
| 4 | Mark/Bill A | Turn to home Lap 1 - 10K |
| 5 | Treven | poop house turn 5K |
| 6 | Al | poop house turn 5K |
| 7 | Viktor | poop house turn 5K |
| 8 | McG | Turn to home 5K |
| 9 | Peng | Turn to home 5K |
| | | |
| Photography | Name | Notes: |
| 1 | Brads | |
| 2 | Albert | whatsapp monitor |
| | | |
| Sweeper | Name | Notes: |
| 1 | DEO | GRAB SIGNS AS GOING |
| | | |
| Results/Awards | Name | Notes: |
| 1 | Angus | |
| 2 | Joey | |
| 3 | Eddie | |
| 4 | Ricardo | |