



**Want to Give Back to the Running Community?**

**Volunteers Needed!**

**Join us for the Capital City Marathon!**

**Sunday, May 18, 2025**

**100% Volunteer Powered Event**

**Join our Course Safety Team!**

**Be out on the course at spots where the runners need  
direction/assistance at intersections and crossings**

**It's a great spot to cheer on the runners!**

**The time commitment is about 3-4 hours**

**Start times as early as 6:30 AM, depending on where you are  
placed on the course.**

**To get involved, please contact us at**

**[volunteer@ccmaboard.org](mailto:volunteer@ccmaboard.org)**