

VOLUNTEERS NEEDED

Sunday September 16TH

Rise Above Barriers Society has been named the **Charity of Choice** for the **Subaru Vancouver International Half Iron and Sprint Triathlon**. To learn about the event, please visit <http://lancewatson.com/VancouverInternational.htm>.

Being the **Charity of Choice** presents an opportunity to raise awareness about accessibility and Multiple Sclerosis and offers a platform to motivate others living with disabilities to pursue similar outdoor adventures. It also provides financial support for the organization's quest for Everest Base Camp. Rise Above Barriers Society will have a tent at the race expo on both the Saturday (2pm to 7pm) and Sunday (6am to 4pm) where we will be spreading the word. If the race participants do not get a chance to come and meet us, they will be receiving an information pamphlet in their race packages.

In return, Rise Above Barriers Society needs to supply 25 volunteers for different activities on the race day. Typical jobs include bike and run course marshals, transition zone, parking marshal and water stations. The specific activities are described at <http://lancewatson.com/Volunteer.php>. Our team is small, so we are requesting the assistance of others to help us fill this requirement.

Race day begins at 6am with athlete check in at Locarno Beach and the last racers will cross the finish line around 3:30pm. Volunteer activities can be assigned based on the specific availability of the volunteers on the Sunday and is very flexible depending on your schedule.

If you are interested in helping out, please specify when you are available on Sunday September 16 to help out or which volunteer job you are interested in. Also provide your contact information including a phone number.

Thank you in advance,

Kristina Rody
Nepal Project Coordinator
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