

Volunteers for TC10K

Sunday, April 28, 2024

The TC10K Beautiful Race is Back and Volunteers are Needed!

The TC10K is an annual Victoria tradition, with thousands of people walking, wheeling, jogging, or running a spectacular, scenic 10 kilometre loop around downtown Victoria and Dallas Road. Participants and volunteers enjoy Victoria's incomparable scenic views along Dallas road, James Bay and the Inner Harbour. Renew your spirit, spend time with friends and family and create uplifting memories.

The Victoria Hospitals Foundation is so grateful to once again be a **charity partner** for the TC10K. Since 2014, the TC10K has helped raise thousands of dollars for our local hospitals!

We're looking for a team of volunteers to help with the **Thrifty Foods Family Run!** We'll be on site from **9:30 a.m. to 12:00 p.m.** in our generously gifted volunteer shirts helping organize the starting line, cheering participants through the race and over the finish line, and ensuring we leave the inner harbour beautiful.

Volunteer Logistics:

Sunday, April 28, 2024

9:30am to 12pm

Meet at Volunteer Tent on front lawn of Parliament buildings.

Duties:

- directing people to start line
- helping to marshal and line the starting area
- serving as race path marshals and monitors
- encouraging all participants
- cheering at finish line
- cleaning up parliament lawn and Belleville roadway at Thrifty Food tables

This is a very fun and worthwhile opportunity to get out and enjoy Victoria's energetic families and children and support Victoria's hospitals and caregivers!

Please contact us at VHFvolunteers@islandhealth.ca if you're interested in joining us!