

JDRF Ride to Cure Diabetes

VOLUNTEER PACKET



ride.jdrf.org



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WELCOME!

Whether you are a returning Ride volunteer or new this year, we're excited to officially welcome you to the 2023 Ride Season! When we first started this program back in 2018 more than 500 JDRF supporters, family members, and friends raised their hand to step up and help make Ride weekend an unforgettable experience. Thanks to volunteers like you, our support for the Ride program continues to grow stronger each year!

During Ride weekend you'll be out there on the course making sandwiches, pouring pickle juice, filling water bottles, and cheering on riders at particularly challenging spots. Your support, smile, and enthusiasm mean so much to our riders and is what helps them pedal on! When you volunteer with us on Ride weekend you will truly feel the energy of our community. Supporting riders is an adrenaline boost on so many levels. You'll bond with new friends as you work side by side to keep things running smooth. You'll feel the satisfaction of helping riders reach their goals all day long. You'll laugh, cheer, sweat a little and probably lose your voice. Most importantly, with every poster you hang, banana you peel, and water bottle you fill, you'll be moving us closer to our ultimate finish line - a world without T1D.

Thank you in advance for joining the team that helps make the Ride so special. You'll learn more details about how your role works both through communications and an in-person meeting on Ride weekend. Please feel free reach out if you have any questions. We are happy to help!

Our JDRF Riders are always blown away by the support they feel every single mile from our amazing volunteers. We can't wait to step up and wow them even more this season!

Julie Roettker & Moira McCarthy Stanford
JDRF National Ride Volunteer Team Leaders

Volunteer Job Descriptions & Time Commitments

There are many different opportunities throughout Ride weekend to volunteer! Below is a list of available volunteer roles as well as approximate time commitments per day to help you determine the best fit for you and your availability. After you have reviewed the volunteer descriptions below, please complete the [registration form](#) and let us know which role(s) interest you the most. You will then receive a follow up communication specific to your role as well as additional details specific to the Ride weekend you selected in the registration process! Note: times may vary by Ride location for specific roles.

BEHIND THE SCENES CREW

Job Description: Help JDRF staff with pre-event preparation. This position includes, but is not limited to:

- Organizing posters
- Stuffing rider packets (name badges, rider numbers, etc.)
- Registration set up

Time Requirements: This position is for volunteers traveling early to the Ride venue. We ask that you be available to volunteer at the host hotel or registration staging area for Ride weekend, during the day on Wednesday from 12 PM – 5 PM or on Thursday from 10 AM - 2 PM for a minimum of two (2) hours.

RIDE REGISTRATION ENTHUSIASTS

Job Description: Volunteers are needed to assist JDRF staff at Registration/Check In. This position includes, but is not limited to:

- Registration set up
- Collecting waivers
- Distributing rider packets
- Answering general questions
- Managing volunteer check-in area

Time Requirements: No prerequisites. Volunteers will meet with JDRF staff prior to their shift for further instructions. Volunteers should be available during the day on Thursday & Friday for a minimum of two (2) hours between 2 PM – 7 PM on Thursday and 9 AM – 6 PM on Friday.

HIGH FIVE DISTRIBUTION CREW

Job Description: Volunteers are needed to label and hang motivational door posters on riders' hotel room doors as well as in other designated areas as noted.

Time Requirements: Must be available during the day on Friday. Volunteers should be available for a minimum of two (2) hours between 11 AM – 5 PM.

START LINE STAGERS

Job Description: Help get JDRF riders off to a great start, whether it be forming a sendoff cheering section or helping with directing riders and spectators! This will include helping JDRF crew direct riders on how to get to the start line and on the shuttles.

Time Requirements: This position is great for volunteers who will be at the finish line area in the afternoon or are volunteering at a rest stop that starts later in the day. Must be available on Saturday from 6:30 AM – 8:30 AM (*Shift time may vary by ride location*)

REST STOP ENTHUSIASTS

Job Description: These volunteers will work with our JDRF crew and Volunteer Captain at various rest stops along the route. Our riders need extra fuel and motivation throughout the day to help keep them going, and this group of volunteers will help keep them inspired throughout the course. This is a great volunteer position to see first-hand what Ride Day is all about! This job includes, but is not limited to:

- Refilling water bottles
- Replenishing food/beverages
- Making peanut butter and jelly sandwiches
- Putting bikes on bike racks and/or helping get them off of a box truck at a specific location
- Help cheer on our riders as they come in to keep them motivated

Time Requirements: It is encouraged that volunteers for this position have their own vehicle, but it is not required. For those volunteers who will not have their own vehicle, staff can help coordinate transportation between volunteers during the on-site volunteer meeting. Volunteers must be available for a minimum of three (3) hours between 6 AM – 5 PM. Course maps and directions will be provided in advance.

FINISH LINE FUN CREW

Job Description: These volunteers will be stationed at the JDRF finish line area to assist JDRF staff. This position includes but is not limited to:

- Set up/manage finish line aid station
- Distribute rider medals
- Assist announcer with identifying riders as they cross the finish line

Time Requirements: This position is great for volunteers who prefer staying close to the host hotel. Volunteers should be available for a minimum of two (2) hours from 10 AM – 5 PM on Saturday.

BIKE VALET

Job Description: These volunteers will work with the Bike Room crew in collecting riders' bikes post-ride, helping to ensure all bikes are accounted for and are in the proper location for either transportation home or to be packed up for shipping.

Time Requirements: Volunteers for this position should be over the age of 18 or working closely with an adult. Training for any special skills required will occur on-site. Volunteers should be available to work either 11 AM- 2 PM or 2 PM – 5 PM.

Special Skill Volunteer Job Descriptions**MEDICAL VOLUNTEER**

Job Description: We are looking for volunteers to assist our Medical Coordinator on Ride Day. This position includes but is not limited to:

- Basic assistance to riders crossing the finish line
- Handing out cold towels
- Checking riders in once they cross the finish line
- Making sure riders safely dismount their bikes

Time Requirements: Volunteers should be available for four (4) hours on Ride Day, between 11 AM – 3 PM and/or 1-5 PM at the finish line. We are looking for volunteers who can determine if riders need medical attention and direct them to the medical tent to see our contracted medical team. These individuals should have previous or current experience with patient care. Nursing students who have been through clinical training are great for this position. Volunteers for this role will be put in touch with the JDRF Medical Coordinator prior to Ride weekend to discuss expectations and finalize needs.

PHOTOGRAPHER

Job Description: We are looking for a volunteer to capture photos of our evening events and celebration dinners. There will be a professional photographer on course and at the finish line on Ride day so this volunteer will solely be assisting with coverage of the evening activities both pre-dinner with mingling of participants and throughout the program.

Time Requirements: Must own camera and have some knowledge/skill in photography. This volunteer would be responsible for their own transportation to/from the hotel where we are hosting our dinners. Volunteers should be available from 6:30 PM - 8:30 PM on Thursday and Friday, and 7 PM - 9 PM on Saturday.



[Click Here to Register as a Volunteer!](#)

Frequently Asked Questions

Your weekend experience as a ride volunteer is flexible to your wants and needs. Volunteers are a vital part of the weekend experience, so we want you to savor as much as you can! For those on site on Friday, all the seminars and sessions open to riders are open to volunteers as well. Feel free to join a session and learn about bike maintenance, managing T1D as a cyclist, JDRF research updates, and more! On ride day, you will be busy, busy with your assigned roles. Expect to end that day tired and inspired.

WHAT WILL I BE DOING AS A VOLUNTEER?

That is, in a big part, up to you. Check out the job descriptions and needs in our packet and then choose. We will do our best to match you up with the jobs you'd like best.

CAN I SEE MY LOVED ONES CROSS THE FINISH LINE?

Of course! We know most volunteers are there to support a rider they know. Talk to your rider about how many miles they are planning on and what their usual pace is and we can help you build your volunteer hours around that time.

WILL I BE FED?

Yes, while volunteering, you are encouraged to eat along with the riders. Each ride rest stop has sandwiches, fruit, snacks and more. If you have something special you need to eat, bring it along with you. In addition, any enthusiast who has registered in advance of ride weekend (no later than Wednesday of ride week) will be given a ticket for breakfast on ride morning with the riders and a drink ticket that you can use at the Finish Line Celebration.

WHAT ABOUT RIDE WEEKEND DINNERS?

Volunteers are welcome to purchase tickets to attend any of the meals they'd like to attend and can do so in advance through their rider's RSVP link for their respective ride or on ride weekend (pending availability.) Unfortunately, our budget does not allow for volunteers to attend these meals at no cost. Remember, riders raise funds to earn their spots at meals as a benefit of their fundraising package. All other guests must pay to attend if they wish to.

WHY ARE RIDE WEEKEND MEALS SO EXPENSIVE?

JDRF does not set the meal rates, the hotels and caterers we work with do. We do our best to keep costs down, as best as we can.

CAN I FOLLOW MY LOVED ONE ALONG AS THEY RIDE AND STILL BE A VOLUNTEER?

Because we have many riders on a long course in need of support, we need our enthusiasts to commit to being in specific places at specific times. We do not encourage following along the course and adding extra cars on the route. However, if you are at a rest stop along the course and have not signed up as a volunteer, please feel free to offer help and support to the enthusiasts that are out there. We are certain they will find a way that you can assist.

WHO CAN VOLUNTEER?

We welcome volunteers of all ages, young and not so young to make each Ride weekend a success. However, all JDRF Ride volunteers 13 and under MUST be accompanied for their entire volunteer experience by an adult supervisor. Anyone 18 and older can be an adult supervisor. Unfortunately, there can be no exceptions.

For any additional questions, please reach out to JDRFRideVolunteer@jdrf.org