

HIGH SCHOOL STUDENTS WANTED!

Earn Volunteer Hours with the



Looking for a fun way to earn community service hours and build experience for school, scholarships, or your resume? Join the TRiO Race Series volunteer team!

Race Dates:

- 1: March 28 - Up the Creek 5k, 10k Run, Port Coquitlam
- 2: May 30 - Heritage Woods Trail Race, Port Moody
- 3: July 11 - PoCo Sport Festival 5k, 10k Run, Port Coquitlam

Why Volunteer?

✓ Earn **official volunteer / community service hours** ✓ Great experience for **resumes & post-secondary applications** ✓ Build teamwork, leadership, and communication skills ✓ Be part of a fun, high-energy event ✓ **No experience needed** — we'll train you ✓ Volunteer hours can be confirmed if required.

Volunteer Roles

- Cheer runners on course
- Help at water stations
- Assist at the finish line
- Support race-day setup

No running required — just bring your energy and a positive attitude!

Sign Up to Volunteer: trioevents.ca/volunteers

Be part of the action.
Support local runners.
Have fun doing it.



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