

The following outlines two volunteer opportunities for the Lakeland Track & Field and Cross Country teams. Please respond by **July 8th** your availability for either of these dates to [coach@mendhammagic.com](mailto:coach@mendhammagic.com). The Lakeland League receives substantial donations for our volunteer efforts which in turns helps keep our yearly dues to a minimum. This is a great way for our athletes to experience these unique events first-hand, as well as enjoy some great fun!!!



- 1) **RANDOLPH LAKE TRIATHLON – SUNDAY, JULY 10<sup>TH</sup> AT 8:00 A.M. AT RANDOLPH PARK (JUST OFF RT.10 NEAR SUSSEX TURNPIKE – near The Barn Restaurant). Typically we meet at the Randolph High School at 6:30ish a.m. – usually done by 11:00.**
- 2) **VERIZON WIRELESS CORPORATE CLASSIC 5K – THURSDAY, JULY 14<sup>TH</sup> AT 7:30 PM (in the past we have met between 5:30 and 6:00 in Morristown). THERE IS AN OPTION TO WORK EARLIER IN THE DAY TO STUFF THE GOODY BAGS - typically this starts at 1:00 p.m. at Headquarters Plaza in Morristown – come when you can and stay for as long as you would like – we stay until the bags are all stuffed – usually completed by 3:00 or 4:00.**

In the past, our team has provided water for the athletes during the running events (we were even able to soak a few eager runners). We will send out more detailed information once we have a complete list of volunteers. If you are available to volunteer, please respond to this email by July 8<sup>th</sup> with your availability (# of volunteers - children and adults) and day/time you are available - adults and children are welcome to attend – high school/college students always needed too!!

Wishing you a happy, healthy, and active summer -

Mary and Steve Ehmann