

## Volunteer Information



Dear Community Partners and volunteers,

The Hamilton Brain Injury Association (HBIA) is a registered non-profit organization that exists with a mission to ensure the quality of life for survivors of acquired brain injury and their loved ones through support, education and advocacy. HBIA's goal is to provide survivors of acquired brain injury and their families access to support services that help foster a sense of hope, respect, trust, friendship, dignity, and compassion.

June is Brain Injury Awareness Month. For over a decade, the Hamilton Brain Injury Association has held a 1-mile walk to raise awareness of acquired brain injury as well as much needed funds for our organization. **On Saturday, June 14th we will hold our Annual 5K By the Bay at Pier 4 in Hamilton.** The day promises to be exciting, empowering, and fun for all. We encourage anyone interested in participating in our 5K, 1K Walk a Mile in My Shoes or the Blake Heys Memorial 1K Kid's Fun Run to visit [www.hbia.ca](http://www.hbia.ca) for additional information.

At this time, the Hamilton Brain Injury Association is looking for volunteers for our 20<sup>th</sup> Annual 5K By the Bay that will take place on Saturday, June 14th, 2024. We are committed to making the event a success, but cannot do it without committed volunteers like you! The event requires volunteers for the following opportunities:

- **Registration** – The registration tent involves handing out race kits to runners and registering “walk up” runners to ensure that the day runs smoothly.
- **Race Marshals** – Race marshals will be involved in ensuring that all racers are aware of the course route and will ensure that aide is called if there is a medical emergency on the race route. You will be part Marshall and part cheerleader for the racers.
- **Child Entertainment and Education** – Volunteers in this group will be involved in engaging children in the events during the day. If you have an artistic flare, fun and enjoy working with children this opportunity is for you!
- **General Entertainment** – The day will include a BBQ and prizes, but in between events we encourage music and entertainment. If you have a flare for music (DJ, Band, etc.) this could be a great opportunity for exposure in support of a great cause! This year we will be adding an educational opportunity for children through the Bikes Blades and Boards program – [Hamilton Brain Injury Association \(hbia.ca\)](http://Hamilton Brain Injury Association (hbia.ca)) This is another great way to get involved!
- **Set Up or Take Down** – If you are interested in volunteering but are not sure how, there are always opportunities in setting up the event or breaking down the event at the end of the day. If you are an organized, dedicated and enthusiastic individual, this could be the right placement for you!
- **Miscellaneous** - Other opportunities include: helping with the BBQ and food distribution, Prize set up and organization, donation monitoring, or registration.

If you would like to discuss additional opportunities for volunteering, please contact Katie George [georgk8@mcmaster.ca](mailto:georgk8@mcmaster.ca) or Brianna Robinson at [brobinson@hbia.ca](mailto:brobinson@hbia.ca)

Thank you for your support!

*Katie George*

Katie George (She/Her/Hers), MSc

**Hamilton Brain Injury Association**

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