

VOLUNTEERS NEEDED

Volunteers are needed to record times/laps at the RIT Triathlon



RIT is hosting their 5th Annual Triathlon (athletes compete in 3 events: swimming, cycling, and running) competition at RIT. In this fast paced and fun triathlon, you can race solo or as a team, with prizes rewarded for peak performances.

When: Sunday, March 15th
Events start at 8:00am

Where: RIT's Gordon Field House
1 Lomb Memorial Drive
Rochester 14623

Please contact Tina Bennett for more information,
t_bennett@cprochester.org or 334-6000 ext. 321



Volunteers are needed for CP Rochester's Run for Fun between the hours of 7am – 1pm, at a variety of positions including race monitoring, registration, concessions...



CP Rochester, in partnership with Wilson Farms/ Sugarcreek, is hosting a certified 5K RUN & WALK. Proceeds will fund our Fitness and Wellness Center which will be furnished with state-of-the-art equipment where therapists, teachers and recreation/fitness personnel will work with people with physical disabilities or medical needs. Plans for increasing strength and stamina and establishing life-long wellness goals and healthy lifestyles will be personalized for each individual's needs.

When: Saturday, May 16th
Registration begins at 8am
5k race/walk starts at 9am

Where: CP Rochester
3399 Winton Road South
Rochester, NY 14623

Please contact Tina Bennett for more information,
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