



Volunteers Needed!

VR Pro Inc. is looking for volunteers to assist with the 2024 Frigid 10K & Frosty 5K race on Sunday, March 17th, 2024 in Hamilton. This event is raising funds for Joseph Brant Hospital and is part of our \$250,000 fundraising commitment to them.

We are looking for volunteers who are available from 8:00AM – 1:00PM to help with the following roles:

- Racecourse Marshal
- Water station volunteer
- Handing out finish line medals
- Handing out fruit/water at finish line
- Waste management and more!

Anyone who is interested should sign up at the link below, or email info@vrpro.ca

Sign up link - <https://raceroster.com/events/2024/66334/2024-frigid-10k-and-frosty-5k/volunteer>

