

# Wanderers' Rest Humane Association

**Needs your help at IRONMAN 70.3 Syracuse**

**Volunteer and Help Wanderers' Rest Humane Association**

**Raise Money for Animals in Need!**

**This is a great opportunity to get up close and personal with athletes from ALL AROUND THE WORLD by handing out water and snacks at the Run Aid Station**

**And  
There's  
More!**

**Looking for something special to do with Dad on Father's Day? Why not team up and volunteer for Wanderers' Rest at the Ironman Competition.**

## Information booth

July 17th: Shift 1 (1:30pm - 4:30pm), Shift 2 (4:30pm - 7:30pm)

July 18th: Shift 1 (9:30am - 1:30pm), Shift 2 (1:30pm - 5:30pm)

July 19th: Shift 1 (4:30am - 8:30am), Shift 2 (8:30am - 1:30pm)

Shift 3 (1:30pm - 6:30pm)

4 - 5 volunteers needed for each shift

## Race Aid Station

July 19th: Shift 1 (7:30am - 3:00pm)

Since it is difficult getting in and out of the area once the race starts we are asking volunteers to cover the whole shift. If you cannot cover the whole shift we can still use your help for as much time as you can give us.

40 - 50 volunteers needed to cover this station

**Wanderers' Rest Humane Association will receive a donation for helping  
With this event. Help us save lives through the generosity of others!**

**For more information E-mail: Butch Hall - [hallb@twcny.rr.com](mailto:hallb@twcny.rr.com) or**

**Phone: (315) 382-1337**

**ADOPT - FOSTER - VOLUNTEER - DONATE**

**7138 Sutherland Drive**

**PO Box 535**

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**(315) 697 - 2796**

**[www.wanderersrest.org](http://www.wanderersrest.org)**



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