



Chicago Area Runners Association  
549 W. Randolph St, Suite 704  
Chicago, IL 60661  
312.666.9836

## Volunteer Details

### Opportunity: CARA Ambassadors

**Role:** CARA Ambassadors will be the face and voice of CARA around Chicagoland and on social media. Ambassadors will represent CARA at events, be a resource to runners needing information about CARA, and actively promote CARA and CARA programs within their own running groups and on social media.

### Expectations:

- Represent CARA at the “CARA tent” at CARA Runner’s Choice Circuit Races, CARA Certified Races, CARA Events, Expos, and Health Fairs.
- Participate in CARA Runner’s Choice Circuit Races and CARA Certified Races as a “Secret Runner” helping CARA evaluate races by completing a race evaluation.
- Positively represent CARA by regularly sharing with your running groups and social media followers content from CARA about CARA events and programming.

### Qualifications:

- Maintain an active CARA membership.
- Be a positive, encouraging and approachable person with a passion to improve CARA and the running community as a whole.
- Remain informed on CARA’s mission, CARA programming and events.
- Be active in the running community within CARA and or your local running club or group.
- Have access to reliable transportation.

### Benefits:

- Receive a one item of CARA apparel\* or similar for each role served at the “CARA Tent”.
- Receive a free race entry for races you represent CARA at as a “Secret Runner” .
- Receive an invite to the exclusive end of year CARA (Key) Volunteer Party along with a special gift if you earn 10 Ambassador Points. Receive 2 points for each “CARA Tent” role completed and 1 point for each “Secret Runner” role completed. May not receive more than two points at a single event.

### To Apply:

- Apply on the CARA Volunteer page ([CARAruns.org](http://CARAruns.org) > Give Back > Volunteer).
- Questions? E-mail Adam at [adam@cararuns.org](mailto:adam@cararuns.org).

### Details:

- Events and races that Ambassadors represent CARA at must be approved by the CARA staff supervisor.
- Some events / races may have a limit to the number of Ambassadors that may sign up.
- Ambassadors may not be able to combine “CARA Tent” and “Secret Runner” roles at the same event.
- \*Apparel from CARA events and programs inventory while supplies last.