

If you would like to volunteer to help out with the 5K Run, please fill out the following information and give to Tammy Allen.

We need everyone to help out in any way they can.

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone #** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Which day can you help out?**

**Friday 4pm– 7pm** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Distributing t-shirts, goodie bags, registering

 participants, setting up tables and tents outside.)

Or

**Saturday 6 am– until finished** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (registering participants, getting water stations at

 Gethsemane Church setup and manned, getting the

 fruit and water station at church ready, also handing

 out t-shirts and goodie bags to those who didn’t pickup

Friday.)

 Thank you!