

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!