

The Central Maryland Parkinson Outreach 5K Run/Walk

May 26, 2008

Liberty High School
Eldersburg, Maryland

Volunteer Registration Form

----- **YES, I would like to volunteer to help** (Check below where you would be willing to help)

First Name: _____ Last Name _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____ Telephone: (Day) _____ (Night) _____

- I AM PARTICIPATING IN THE ACTUALLY 5K WALK/RUN ___ YES ___ NO
- I AM WORKING FOR COMMUNITY SERVICE HOURS ___ YES ___ NO

_____ **ASSIGN ME WHEREVER I AM NEEDED** -- Number of Hours _____ Starting Time: _____
(The estimated period for the event beginning with set up at 6:30 a.m. concluding after cleanup at approximately 11:00 a.m.)

Or select among options below and we'll try to accommodate

Pre-Race Day Activities

Prepare Racing Goodie Bags	Prepare the racing bags a few days prior to the race at a place and time to be determined Time Commitment : Approx. 3 Hours
Equipment Gathering	A day or two prior to the race help collect items to be used during the race (i.e. tables, chairs etc.) Time Commitment: Approx. 3 Hours
Neighborhood Information Distributors	On the Friday before the race, help distribute a message to the neighbors who's houses are along the running and walking route. The messages will either be placed on the front door or on their mailbox. This activity will be done as a group Time Commitment Approximately 2 hours

Day of Race

Pre-Race Set-up	Help in setting up tables for the various races and walk Time Commitment 6:30 a.m. - 8:30 am
Registration	Help in checking in runners as well as hand out goodie bages Time Commitment 7:00 a.m. - 10:00 a.m.
Refreshments Area	Help in setting up the refreshments area as well as maintaining the area during the race and cleaning up afterwards Time Commitment 7:00 a.m. - 10:00 a.m.
Race Greeters	Station need the beginning of the race/registration set-up/etc to help direct or answer any runner/walkers questions Time Commitment 7:00 a.m. - 10:00 a.m
Clean Up	Help in taking down signs, breaking down any equipment used, tables etc. pick up trash etc. Time Commitment 7:00 a.m. - 10:00 a.m.

5K Race/5K Walk

Course Marshalls	Volunteer to be placed on a section of the course to help direct runners/walkers during the event Time Commitment 7:30 a.m. - 10:00 a.m.
Water Distributor	Located at the race water station - hand out water to runners as well as clean up during and after the race. Time Commitment 7:30 a.m. - 10:00 a.m.

1 Mile Fun Run

Event Worker	Help in organizing and running the 1 Mile Fun Run under the direction of the race directory Time Commitment 8:00 a.m. - 11:00 a.m.
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Please Contact: Keith McQuay, Volunteer Coordinator - volunteer@apdaccmd.org