

5K/Walk

Saturday June 20, 2015

9AM

I would like to **volunteer** for this year’s Knights of Columbus Council 4282 Run for Life!

All proceeds from the 5K run/Walk will benefit Save the Storks and Mary’s shelter.

Return this completed form **by mail** to: DeDe Brown, 100 E High Street , Nazareth PA 18064

Or

**e-mail** to [liferunners2014@gmail.com](mailto:liferunners2014@gmail.com) by June 1, 2015.

All Volunteers will receive a t-shirt the day of the event.

Volunteer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age is younger that 18 \_\_\_\_\_\_\_\_\_

T-Shirt Size (Circle one) S M L XL

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Volunteer tasks willing to perform: (please check all that apply):

\_\_\_\_ Course Worker

\_\_\_\_\_ Sign Up Registration

\_\_\_\_\_ Start/Finish Line worker

\_\_\_\_\_ First Aid

\_\_\_\_\_\_ Water/Food Station

\_\_\_\_\_ Clean Up

\_\_\_ Put up Posters

\_\_\_\_ Solicate Sponsors

\_\_\_\_ Promotion

\_\_ Ge*n*eral

\_\_\_ Thank You Notes to Sponsors