

Volunteers Needed

Hospice 5K Turkey Trot & One Mile Fun Run! Cheer for the Runners!

"Well Done! ~ Keep it Up!" ~ "Great Running!"

"You're already halfway there stay focused to the finish!"



Volunteers will receive a free Volunteer 5K Turkey Trot T-shirt!

Tim's Ford State Park ~ Saturday, October 12, 2019

Check-in at 7:30 A.M. and Race Starts at 9:00 A.M.

Hospice of the Highland Rim Foundation, Inc. (HHRF) is the only non-profit charitable organization assisting hospice patients in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, Moore and Warren Counties.

E-mail completed form to HHRF@lighttube.net, or fax to (931) 563-7439.

Completed form may be mailed via U.S. Postal Services to: HHRF ~ 110 E. Lauderdale St. ~ Tullahoma, TN 37388

VOLUNTEER NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP CODE:** _____

PHONE NUMBER (CELL AND/OR HOME): _____

E-MAIL: _____

VOLUNTEER SHIRTS: ADULT SIZES: S M L XL 2XL YOUTH SIZES: S M L XL
(Please circle shirt size)

Volunteer Positions

_____ **One Mile Fun Run Volunteers:** Trail monitors along the one-mile route.

_____ **Photographer Volunteers:** Take pictures of runners for 5K runners and One Mile Fun Run participants.

_____ **Trail Monitor Volunteers:** Stationed on park trail and notify Park Ranger if anyone has an injury or needs help.

_____ **Water Station Monitor Volunteers:** Give out water to runners at the turn around point. Ease access to this location.

_____ **Recreation Center Volunteers:** Volunteer inside Tim's Ford Park Recreation Center to help with greeting runners, giving instructions on the race, sort hand out T-shirts and runners bags at the end of the race, setup and cleanup afterwards.

_____ **Advocate Volunteer:** Help with putting out flyers and letting other know about the 5K Fundraiser

110 E. Lauderdale St. ~ Tullahoma, TN 37388 ~ Phone: 931.563.7439 ~ Fax; 931.53
E-Mail: HHRF@lighttube.net ~ Website: www.hospiceofthehighlandrim.org