



## VOLUNTEER REGISTRATION

**HHRF Charity Memory Trail Run/Walk**  
**Tim's Ford State Park Recreation Hall**  
**Saturday, October 7, 2017 at 7:30 A.M.**

*Volunteers a valuable resource to Hospice of the Highland Rim Foundation (HHRF) in helping hospice patients in our local communities.*

*Our volunteer opportunities will allow you to spend quality time away from work or a busy lifestyle, feel valued and part of a team, gain and develop new skills, use your professional knowledge and skills to benefit hospice patients, meet new people, make new friends, and get to know your local community!*

*HHRF is now recruiting volunteers to assist with our 5K Charity Run/Walk at Tim's Ford State Park in the following areas: registration, setup and distribution for t-shirt's and water, monitoring the course, giving a finishers medal to runners as they cross the line! Recruit registrants for the race and secure sponsorships!! This is only some of the volunteer opportunities available with Hospice of the Highland Rim Foundation!*

*Volunteer for a fun day at Tim's Ford State Park to give back to your community and help make a difference in the life of hospice patients in Bedford, Coffee, Cannon, Franklin, Grundy, Lincoln and Moore Counties! Sign-up to be a part of our community!*

**As a volunteer for the 5K Charity Trail Run/Walk Event you will receive:**

- \* Free Entry to the 5K Memory Run/Walk
- \* Free T-Shirt
- \* Free Volunteer Medal
- \* Light Snacks

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

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

Street City State Zip

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

E-Mail: \_\_\_\_\_

**Please circle one for your free t-shirt as a volunteer for the 5K Charity Run/Walk:**

**Adult Volunteer Shirt Sizes: S M L XL 2XL**

**Youth Volunteer Shirt Sizes: S M L XL**



**By leaving contact information you will be contacted about volunteer opportunities!  
You may be removed from our volunteer list at any time by contacting HHRF.**

*For additional information, please visit our website at [www.hospiceofthehighlandrim.org](http://www.hospiceofthehighlandrim.org); or contact our office at (931)-563-7439; Fax: (931)-563-7482; E-Mail: [HHRF@lighttube.net](mailto:HHRF@lighttube.net).*

*Share with family, friends and neighbors who would like to VOLUNTEER  
and make a difference in the life of a hospice patient!*

**Mail completed your volunteer form to: HHRF ~ 110 E. Lauderdale St. ~ Tullahoma, TN 37388**