

# NARCISSISTIC ABUSE SURVIVORS 5K WALK FOR SURVIVORS VOLUNTEER PACKAGE

**N.A.S.**  
NARCISSISTIC ABUSE SURVIVORS

**BREAK FREE AND STAY FREE  
FROM TOXIC RELATIONSHIPS**

[www.narcissisticabusesurvivors.org](http://www.narcissisticabusesurvivors.org)

**WORLD NARCISSISTIC ABUSE  
AWARENESS**

**5K WALK FOR  
SURVIVORS**

WALK, SPONSOR, DONATE, VOLUNTEER.

**SATURDAY, JUNE 1**

REGISTRATION STARTS AT 7:30 A.M.

Cranes Roost Park at Uptown Altamonte  
274 Cranes Roost Boulevard | Altamonte Springs, FL 32701

Online Registration through Eventbrite:

<https://www.eventbrite.com/e/world-narcissistic-abuse-awareness-5k-walk-for-survivors-tickets-60918556041?aff=ebdssbdestsearch>

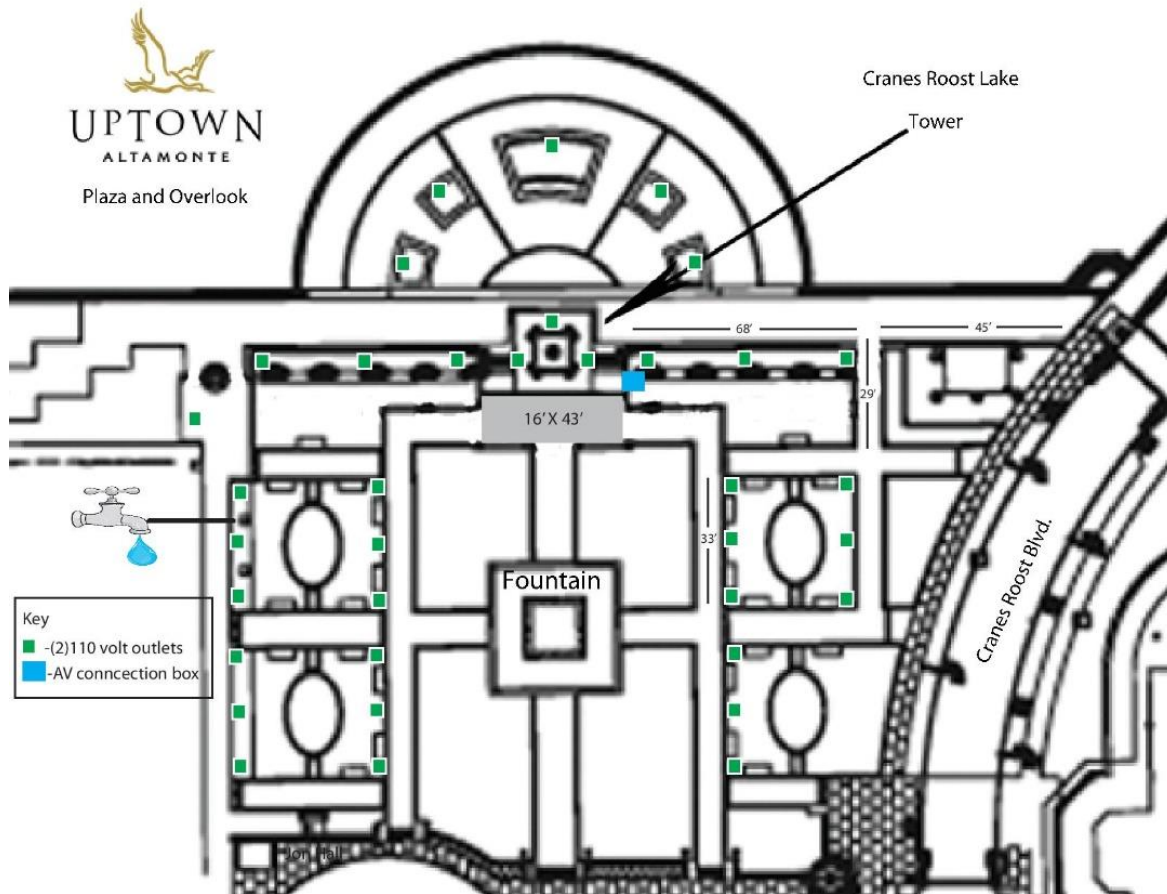
Narcissistic Abuse Survivors, Inc. (NAS) is a nonprofit organization designed to help women get to the root of why they attract people who hurt them. Our goal is to help bring global awareness to the impact of emotional and mental abuse of women and teach them how to trust their inner voice.

Money raised from the event will allow us to provide resources, services, and programs to our community.

We are dedicated to showing you how to:

- Identify the red flags of a narcissist
- Heal from the cycle of abuse
- Have an abundance of self-love
- Recover and live a life of joy

# THE DAY OF THE 5K WALK, Saturday, June 1



**PRESENTING SPONSOR: CREATING YOUR REALITY, BY MARIA**  
**PLATINUM SPONSOR: DIVINE CORE TRANSFORMATION**

## 5K Walk contact:

- Kendall T. Johnson, NAS Founder & CEO – 407.616.5767
- Vel Johnson, Event organizer – 407.620.0098
- Zita Steglich Ross, Volunteer – 321.663.7400
- Sharron Mobley, Volunteer – 352.227.0824
- Jerri Parker, Volunteer – 228.623.5981
- Joy Carroll, Volunteer 407.234.8543
- Krista Inochovsky, Volunteer - 407.375.3404
- Marissa Collier, Volunteer – 850.688.4426

Volunteers should wear event t-shirt, jeans or shorts, and comfortable shoes and be prepared to accommodate event participants and facilitate all activities and help assure optimal success of the NAS 5K Walk for Survivors.

# 5K EVENT SCHEDULE

**6:00 a.m. – All hands on deck. Volunteers arrive, meet at the Tower | Park staff will set-up tents, tables, chairs, computer and sound equipment**

**Volunteers will be responsible for:**

- Setting up Registration Tables with check-in info, t-shirts, water, etc.
- Hanging banner(s) and event signage and putting stantions in ground along perimeter of lake
- Facilitating needs of “Healthy Body, Healthy Mind” Vendor Expo area
- Facilitating needs of Sponsorship area

**7:00 a.m. – 7:30 a.m. - Vendors & Sponsors setup (Tower area)**

- Only one vehicle at a time will be able to drive into our main area to unload. Volunteers should be available to greet and assist vendors & sponsors by directing them to their tents and answering any questions

**7:30 a.m.- 8:00 a.m. - Registration and Check-in (Volunteer managed)**

- Registered participants will receive ONE t-shirt and ONE bottled water
- All participants should wear 5K t-shirts during event

**7:30 a.m. – 7:55 a.m. - Morning stretch**

- Yoga instructor Krista Inochovsky will lead group into stretching exercises

**8:00 a.m.- 5K Walk starts (3 times around the lake – Walk will end at 9:30 a.m.)**

- Volunteers will be needed to create an enthusiastic and upbeat atmosphere, leading Walkers around the lake, and assisting anyone with water who may show signs of dehydration

**9:30-10:30 a.m. – Ending ceremony - Meet and hear from our Founder & CEO Kendall T. Johnson and Presenting Sponsor Creating Your Realty, by Maria - Maria Fernanda LaRiva**

- Certificates will be distributed to registered participants who complete 5K Walk
- Healthy snacks, raffle drawings, and giveaways
- Words of Inspiration

**10:30 a.m.-11:00 a.m. Volunteers will help break down and clean up our park area**

**WE THANK YOU FOR YOUR GENEROSITY OF SUPPORT!**

# **Volunteer Information and Release Form**

**(Volunteers are required to complete form and sign the release statement)**

**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_

Address \_\_\_\_\_

Cell # (priority # for contact) \_\_\_\_\_ Alternate # \_\_\_\_\_

Do you have any physical disabilities that may prevent you from standing or walking for extended periods? \_\_\_\_\_

Have you volunteered for an organization before? \_\_\_\_\_ If yes, for what group or organization? \_\_\_\_\_ What did you do?

What are your greatest professional strengths? \_\_\_\_\_

How do you think you can be of best service to us? \_\_\_\_\_

**In case of emergency, who do we contact?** \_\_\_\_\_

Relationship to you? \_\_\_\_\_ Contact Number \_\_\_\_\_

How long will you be available during the day of the event? \_\_\_\_\_ The entire morning 6:00 a.m.- 11:00 a.m. Only for a short while during the morning \_\_\_\_\_ From \_\_\_\_\_ a.m. to \_\_\_\_\_ a.m.

## **Release Statement**

I acknowledge that I am in good physical and mental health and I am able to volunteer for the Narcissistic Abuse Survivors' 5K Walk to be held June 1, 2019 in Altamonte Springs, Florida. I agree to hold harmless and release Narcissistic Abuse Survivors, Inc. and the 5K Walk for Survivors and any persons employed, contracted by, or affiliated with the organization from any liability due to my participation as a volunteer for this event. I furthermore grant and authorize the use of my likeness in all photography and videography captured at the event.

Volunteer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_