

# 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 27, 2018**

**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](mailto: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  
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