

VOLUNTEERS NEEDED Saturday, Sept. 28th
and leading up to the event
Endorphin 5K To Fight Brain Disease
Kittatinny Valley State Park Goodale Rd. Newton, NJ

Volunteer application: Please fill out & check off all that you would be willing to do. Please indicate your availability. Please note: event is outdoors (rain or shine). PLEASE PRINT CLEARLY or TYPE and fill out entirely

Scan & Email: iesBrainResearch@gmail.com or FAX to: 973-726-6217 or drop at UPS Store 270 Sparta Ave. Suite 104 Sparta, NJ #210.

Name of Group/School/Organization/Company/Club (if applies) _____

Name: _____ Phone: _____

****Cell:** _____ (Bring cell phone so that we can communicate at event)

Address: _____ Town _____ State _____ Zip _____

Fax: _____ Date of Birth _____ Age ____++__ Circle Shirt Size: **S M L XL** (adult sizes)

Email: _____

Circle age group: 10-14 must be accompanied by adult 15-17 18-21 Adult over 21 Senior

List any Restrictions: _____ I am strong (can lift heavy boxes, tables)

Saturday September 28th Kittatinny State Park I can volunteer 7 am – 1:00 pm _____

Specify hours between 7am –1:00pm (if cannot stay the whole time) _____

Fri. Sept. 27th Kittatinny State Park Help with trail 1PM – 7PM Specify if part of the time _____

Thurs. Sept. 26th Sparta: Organize t-shirts and bib numbers I can volunteer 9AM – Noon _____

Weds. Sept. 25th Sparta: Organize medals, etc. 9AM – Noon _____ Specify if part of the time _____

Tues. Sept. 24th Sparta: Organize medals, etc. 2-6PM _____ Specify if part of the time _____

SEPT. 28th _____ Place me anywhere on Sept. 28th

Run Errands Can Drive (will have car) Announcements (**outgoing personality**) Parking
 Pick up bagels 7AM (Sparta) Registration Take video (have camera yes no) Take photos
 Food set up Post-race clean up Guide runners/walkers on trail Finish Line Water Table
 Help with door prizes Table set up Run an activity Help put up signs on trail

I WILL HELP DURING THE WEEKS LEADING UP TO THIS EVENT:

Tell & email people Put on my Facebook page & other social media Make phone calls
 Hang flyers, display cards Help get door prizes & goody bag items Get volunteers
 Get sponsors Put together gift baskets Sell pages & signs Get runners & walkers
 Help at a table (at expo or by store) Work on & mark the trails Make signs Data entry
 Create posts for our social media Write press releases Get sponsors Get running teams

____ If you can bring supplies and volunteer your services: face painting, balloon art, magic, sand art, or other fun activities for any age, we would really appreciate it!!! Let us know.

**Questions: Call: 973 726-6218 Email: iesBrainResearch@gmail.com FAX to: 973-726-6217
MAIL to (or drop off at): IES Brain Research 270 Sparta Ave. Suite 104 Sparta, NJ 07871 #210**