

Our 9th Annual TriCities Run/Walk has great opportunities for you to earn volunteer hours. REVIEW the following info and contact Ms. Greene IMMEDIATELY to VOLUNTEER and for MORE DETAILS.

Don't need the hours? **HELP OUT ANY WAY!** This is our event and all money raised goes to TMSA!

CONTACT Ms. Greene at tricitierun@tmsa.org or tracie.greene@tmsa.org

WEBSITE - www.tmsa.org / click on Program tab / click on TriCities 10K-5K Run/Walk

■ **Race Sponsorship Support / EARN UP TO 5 HOURS**

1. Email Ms. Greene the names of TEN (or more) businesses, companies, corporations or private citizens that may be contacted to sponsor the Race. Include the following info for each contact. Make sure all info is current.

- Organization Name
- Mailing Address
- Contact Person and Title
- Contact Person's Email Address
- Contact Person's Phone Number

2. If you send info that has already been provided, you will be asked to try again.

3. **DEADLINE November 16, 2017**



■ **Race Sponsorship Sign-up / EARN UP TO 15 HOURS**

1. Earn 5 hours for each Race sponsor that you sign-up or earn all your hours if you raise \$1000 or more!

2. Email Ms. Greene for details

3. **DEADLINE February 28, 2018** for completed form(s) and payments (s)



■ **Race Registration / EARN 10 or 15 HOURS**

1. Sign-up 10 people for the Race earn 10hrs

2. Sign-up 15 people for the Race earn 15hrs

3. Email Ms. Greene for details

3. **DEADLINE April 23, 2018** for completed form(s) and payments (s)

■ **Race Donations / EARN UP TO 5 HOURS MAX**

1. Earn 1 hour for every \$10 spent

2. Email Ms. Greene the item/amount you intend to donate from the list below and you will receive a confirmation if the item is still needed (unconfirmed donations will not receive credit)

3. Please attach to your donation(s): receipt, parent name, child's name (must include info to receive credit)

4. Leave items with School receptionist

- \$10-\$25 gift certificates to stores with multiple locations i.e., Target, Lowes, Macy's, Wal-Mart, Whole Foods, Kroger, Publix or Home Depot – deliver by APR 30
- 5 oz paper cups – deliver APR 25-27
- 3 jars of peanut butter - deliver APR 30
- one-gallon containers of water - deliver APR 25-27
- Bagels - deliver MAY 4 by 12pm
- 3 containers of cream cheese - deliver MAY 4 by 12pm



■ **Race Day Help (SAT, May 5, 2018) RAIN or SHINE / EARN UP TO 15 HOURS**

Tasks include everything from A to Z that mostly require standing, lifting and walking. We also need volunteers with trucks to transport and pick-up course monitors and tables from various locations on the routes.

1. All Volunteers must attend the **Orientation** (RAIN or SHINE) on **May 2 / 7pm**, Conley Recreation Center

2. **RACE DAY HOURS 5:30am - 12pm**

3. **DEADLINE April 20, 2018** to notify Ms. Greene that you're volunteering on RACE DAY



■ **Pre-Race Preparation**

Tasks include: bag stuffing, delivering items from school to Race site, medal prep, paperwork, dropping off Race notifications to businesses along routes, setting-up for Race packet pick-up, distributing Race packets, organizing Race supplies, putting out route markers, etc. NOTE: Lifting heavy boxes may be required.

Dates & Times below are estimations; you will **EARN HOURS FOR THE ACTUAL TIME** it takes to complete the task(s) / **EMAIL MS. GREENE FOR DETAILS**

Apr 30 / 4:00-6:00pm May 1 / 4:00-6:00pm May 3 / 3:00-8:00pm May 4 / 6:30-7:30pm (transportation needed)