

VOLUNTEER APPLICATION

🍁 *Hospice 5K Turkey Trot & One-Mile Fun Run* 🍁

Volunteers will receive a free Volunteer 5K Turkey Trot T-shirt!

Saturday, October 17, 2026 • Tim's Ford State Park • Winchester, Tennessee

Volunteer Check-in at 7:30 AM • Race Starts at 9:00 AM

Completed forms may be mailed to HHRF, delivered in person, or emailed to info@hhrf.us.



VOLUNTEER INFORMATION

Volunteer Name: _____

Address: _____

City, State, Zip: _____

Phone Number (Cell and/or Home): _____

E-mail: _____

VOLUNTEER T-SHIRT SIZE: **ADULT SIZES:** S M L XL 2XL | **YOUTH SIZES:** S M L XL

VOLUNTEER POSITIONS

- ☐ **One Mile Fun Run Volunteers** — Trail monitors along the one-mile route.
- ☐ **Photographer Volunteers** — Take pictures of 5K runners and One Mile Fun Run participants.
- ☐ **Trail Monitor Volunteers** — Notify park staff if anyone has an injury or needs help.
- ☐ **Water Station Monitor Volunteers** — Hand out water to runners at the turn-around point.
- ☐ **Recreation Center Volunteers** — Help greet runners, give instructions, hand out T-shirts and runner bags, and help with setup/cleanup.
- ☐ **Advocate Volunteer** — Help spread the word and promote the fundraiser.

NOTES / AVAILABILITY

Volunteer Signature: _____



Date: _____