



12th Annual Women In Distress SAFEWALK-RUN 5K

Saturday, October 30, 2010 at Markham Park in Sunrise, FL

Volunteer Interest Form

Thank you so much for your interest in volunteering for our event! We need volunteers beginning in June 2010 in order to make this event a success. Thank you for donating your time and energy to Women In Distress!

Tell us about yourself!

Name: _____

Phone: _____ Email: _____

Address: _____

Date of Birth: ____/____/____ Volunteers must be 13 years old. _____

Please select how you are interested in volunteering!

Registration: Calling WID supporters and past walkers/runners with details of the 2010 event.

Marketing: Delivering brochures to gyms, restaurants, schools, etc.

Donations: Calling businesses and asking them to participate in the event.

Logistics: Assisting with pick-ups, coordinating signage, banners, and more.

I'm happy to help however I'm most needed.

In addition to volunteering prior to the event, I can volunteer the day of.

I'm interested in volunteering only for the day of the event.

We need volunteers beginning in June 2010 all the way through the event on Oct. 30, 2010!

I'm interested in volunteering for a few hours each week or every other week.

I'm interested in volunteering for a few hours each month from June—October 2010.

Please indicate your availability:

Monday from _____ to _____

Tuesday from _____ to _____

Wednesday from _____ to _____

Thursday from _____ to _____

Friday from _____ to _____

Saturday from _____ to _____

Sunday from _____ to _____

I'm able to begin
volunteering on

____/____/____
Date

Your availability?

Any past experience?

Have you volunteered for our SAFEWALK-RUN 5k before? No Yes, when? _____

Have you volunteered with another similar event? No Yes

When and what was the event? _____

Please explain how you volunteered: _____

Please note—previous experience isn't necessary to volunteer!

Please Return This Form To: Mail: Women In Distress, Attn: SafeWalk, P.O. Box 676, Fort Lauderdale, FL 33302
Fax: (954) 832-9487, Attn: SafeWalk
Email: safewalk@womenindistress.org