



➤ **SEPTEMBER 30, 2017**

Race starts at 8 a.m.  
North Jefferson City Pavilion  
Visit [mchcp.org](http://mchcp.org) for more information

## VOLUNTEER REGISTRATION FORM

### VOLUNTEER INFORMATION

Volunteers must be at least 18 years old.

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Gender  M  F Birth Date (mm/dd/yyyy) \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Primary Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

Did you volunteer at the 5K last year?  Yes  No

If you are a state employee, which state department are you representing?  
\_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Relationship to Volunteer \_\_\_\_\_

Primary Phone Number \_\_\_\_\_

### VOLUNTEER PREFERENCES

Please select one or more areas of interest.

- |   |  |
|---|--|
| <input type="checkbox"/> Event set up         | <input type="checkbox"/> Direct runners on route     |
| <input type="checkbox"/> Event clean up       | <input type="checkbox"/> Registration/check-in table |
| <input type="checkbox"/> Water station        | <input type="checkbox"/> Start line                  |
| <input type="checkbox"/> Food/water table     | <input type="checkbox"/> Finish line                 |
| <input type="checkbox"/> Wherever I am needed |  |

What times are you available to volunteer? (check all that apply)

- 6 – 7 a.m.  7 – 8 a.m.  8 – 9 a.m.  9 – 10 a.m.  Other \_\_\_\_\_

Are there any special skills you would like to share at this event?  
\_\_\_\_\_  
\_\_\_\_\_

### SHIRT INFORMATION

Register by Sept. 13, 2017, to receive a shirt.



Long-Sleeve Performance shirt. Grey fabric printed with White, Navy and Purple ink.

Select Shirt Size  
\*\* sizes run large

- Extra Small  
 Small  
 Medium  
 Large  
 XL  
 XXL

### VOLUNTEER REGISTRATION

Please mail registration form:  
**Missouri State Employee 5K  
MCHCP  
PO Box 104355  
Jefferson City, MO 65110**

You will receive a confirmation email after we receive your registration. Please allow at least a day for registration processing. For questions, call MCHCP at 573-751-8881 or 800-701-8881, press "0" and request to speak with the Wellness Program Manager.

### EARLY BIRD PICK-UP VOLUNTEERS

Early Bird Pick-Up will be available this year at two locations before the race. Will you be able to volunteer at Early Bird Pick-Up?  Yes  No

If yes, please select your preferred location (check only one)

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Thursday, Sept. 28th</b><br><b>11 a.m. – 2 p.m.</b><br>Truman Building 301<br>W. High Street<br>Jefferson City, MO | <input type="checkbox"/> <b>Friday, Sept. 29th</b><br><b>3 – 5:30 p.m.</b><br>Race Site<br>North Jeff City Pavilion<br>Jefferson City, MO |
|--|---|

### HOW DID YOU HEAR ABOUT THIS EVENT?

- Strive for Wellness Ambassador  
 MCHCP website ([mchcp.org](http://mchcp.org))  
 Jefferson City Road Runners website ([runjeffcity.org](http://runjeffcity.org))  
 MCHCP Facebook page  MCHCP Twitter page  
 Friend or coworker  Other \_\_\_\_\_