



## Sunday, May 1<sup>st</sup>, 2016 Volunteers are needed

**How about making a commitment to help Burke Rehabilitation Hospital with the Burke Heels and Wheels 5K Road Race? Volunteers are needed for the following assignments (check the one (s) you are interested in):**

	<b>7:00-10:30 Morning 5K and Kids Fun Run Registration</b>
	<b>7:00-10:30 Numbered Bib and T-Shirt Handout</b>
	<b>8:30-11:00 Water Stations</b> (hand water and cheer athletes at one of three spots along the course)
	<b>8:00-11:00 Traffic Guide **** Most needed****</b> (guiding traffic at specified points to insure safety of participants)
	<b>8:30-11:30 After Race Refreshments</b> (set up and handing out of refreshments after race)
	<b>7:00-12:00 Any Position Needed</b> (Traffic, Refreshments, Kids Activities, Fun Run, etc.)

**\*\*Receive community service credit for participation as a volunteer\*\***

**Note:** All areas experience down times during events. Volunteers must remain in their assigned areas unless directed otherwise. Please inform us of any physical and/or time restrictions of which we should be aware to ensure the assigned task is appropriate. The Wheelchair Games will be held rain or shine.

Please complete this form and return no later than April 24<sup>th</sup> to Michael Ragnetti, email [mragnetti@burke.org](mailto:mragnetti@burke.org), or by mailing to the below address. All volunteers receive a free T-shirt and refreshments!!! You will be contacted with your assignment information. (Please print) Questions Please call 914-597-2152.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

(Area Code + Number) Phone #: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Cell#: \_\_\_\_\_

**Please note: Child Volunteers must be 13 yrs. or OLDER.** Child Volunteer Age: \_\_\_\_\_

**Attention: Michael Ragnetti**  
Burke Heels and Wheels 5K/Burke Rehabilitation Hospital  
785 Mamaroneck Ave.  
White Plains NY 10605