



AUTISM SOCIETY

Improving the Lives of All Affected by Autism
Tidewater Virginia

Celebrating 30 Years of Helping Improve the Lives of those Affected by Autism in Tidewater, Virginia!

Dear Volunteer(s),

This year the Autism Society, Tidewater Virginia will host our 6th Annual Autism Awareness 5K and One-Mile Walk. The race will be held on *Saturday, April 2, 2011* at Mount Trashmore Park in Virginia Beach. Proceeds from the race will benefit Autism Society, Tidewater Virginia, our community based organization that helps local families facing autism.

This year's race is very special for our organization as it will be held on the second day of Autism Awareness Month and held on World Autism Awareness Day. Our goal is to show the world that the community of Tidewater, Virginia is able to unite for the cause of Autism.

We are currently seeking individuals as well as groups to volunteer for this amazing event. The Autism Awareness 5K and One-Mile Walk depend on volunteers like you to assist with helping the event run smoothly. By volunteering, you can help raise funds to assist families affected by autism and make a positive difference for our community.

There are a variety of task that you or your group can participate in and we would appreciate if you would consider volunteering. Please fill out the volunteer form attached and mail it to us at the address listed below or email it to us at tidewaterasa@verizon.net. An Awareness Run Committee Member will be contacting you to discuss specific volunteer opportunities.

Thank you for taking the time to support this worthy cause, and remember, all of the money raised stays right here in our Tidewater Community helping local families.

Sincerely yours,

Vania O'Keefe-Volunteer Coordinator

Autism Society, Tidewater Virginia



Autism Awareness Run/Walk

VOLUNTEER FORM

Name/Organization: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail Address: _____

Sample Tasks on Day of the Event. Please put a check beside preferred activities:

- Help with set up and take down of tables and Walk signage.
- Check in walkers and distribute t-shirts at the registration tables.
- Provide food and drinks to participants.
- Assisting with children's activities (Balloons, Face painting, Games, etc.)
- Spirit Leaders throughout the run course cheering on participants
- Participate at Runner Water Station Stops
- Other: _____

Availability Hours on Day of Event. Please check if you are available during the following time frames:

- 6:45-9:45 AM
- 9:45-11:45
- Other: _____

Volunteer Signature

Date