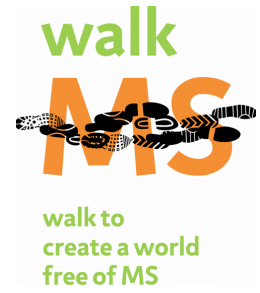


Check Walk MS site:

- Toledo
- Findlay
- Allen County
- Defiance
- Richland County
- Sandusky
- Lorain County



WALK MS VOLUNTEER APPLICATION:

First:

Last:

Address:

City:

State:

Zip:

Phone:

Home:

Work /Cell:

E-Mail:

Date of Birth:

Sex: "M" or "F":

Volunteer Job:

First Choice:

Second Choice:

Preferred Time:

Will you also be walking in the event?

(Yes or No)

T-shirt size:

(Small / Medium / Large / X-L / XXL / "do not want")

- 1) E-mail form to Karen.moore@nmss.org or fax to 419-897-9733
- 2) You will be contacted to confirm your job & shift. All Volunteers will receive a Volunteer shirt and refreshments/snacks.
- 3) Questions? Have a group of people? Contact Walk MS Director, Karen Moore, at 419-482-1586 or Karen.moore@nmss.org

Thank you for your help in making the Walk MS a fun & safe day!!

WALK MS VOLUNTEER JOBS

All jobs can be split into shifts.

REGISTRATION:

Time: 7:15 a.m. until 10:30 a.m. (*MUST BE ON TIME*)
Job: Checking in participants, handing out T-shirts, providing directions, etc.
Special Skills: Ability to follow detailed check-in procedures, communicate easily with people in noisy environment (chairs will be provided)

BREAKFAST & LUNCH:

Time: shifts open from 7:00 a.m. until 1:00 pm.
Job: cutting fruit, re-stocking cookies, making coffee, cleaning tables
Special Skills: Follow food-handling & sanitary procedures,

ACTIVITIES & ENTERTAINMENT AREA:

Time: 7:30 a.m. until approx. 12:00 noon
Job: Assisting adults & children with “hands-on” learning activities & MS Awareness projects, face-painters, supervising kids’ activities
Special skills: People with MS willing to talk with other people, performing groups

FINISH LINE CHEERERS:

Time: shifts open from 8:15 a.m. until approx. 1:00 p.m.
Job: Thanking participants as they finish & handing out Medallions, directing walkers to food area, cheering!
Special skills: People with MS, cheerleaders, families, & those who like to make noise!
Must be prepared for any weather conditions!

REST STOP:

Time: 7:45 a.m. until approx. 1:00 pm – can be split into shifts
Job: Setting up snacks & drinks, talking with participants as they stop, calling for assistance if participant is tired or needs ride to Start/Finish.
Special skills: Good for groups or families, need own transportation to Rest Stop

SET-UP & CLEAN-UP:

Time: Set-up starting at 6:00 a.m. / Clean-up starting around 12:30 p.m.
Job: Assist with setting up tables & chairs, decorating, hanging signs & banners, clean-up, loading & unloading of supply vehicles.
Special skills: Physical ability to move tables, chairs, boxes, etc.

We can arrange a time & job that best suits your schedule & interests!

For more information on volunteering or the Walk MS event,
contact Karen Moore 419-482-1586, 1-800 FIGHT MS option 2,
or Karen.moore@nmss.org