



Cougar Dash 5K

Sponsored by the Coventry Elementary PTA

Saturday, March 7

Registrations & Exhibit: Friday, March 6 from 5-8 p.m.

VOLUNTEER FORM

Volunteer Now

- ☐ Find sponsors
- ☐ Find exhibitors
- ☐ Help advertise for the race
- ☐ Log participant information
- ☐ Organize race packets

Volunteer Friday, March 6

- ☐ Pass out race packets (5-8 p.m.)
- ☐ Monitor games (5-8 p.m.)

Volunteer Saturday, March 7

- | | |
|---|---|
| <input type="checkbox"/> Pass out medals | <input type="checkbox"/> Setup cones before the race |
| <input type="checkbox"/> Pass out water at the finish Line | <input type="checkbox"/> Water station |
| <input type="checkbox"/> Pass out bananas at the finish line | <input type="checkbox"/> Hair spray station |
| <input type="checkbox"/> Setup the water stations | <input type="checkbox"/> Setup the start/finish line |
| <input type="checkbox"/> Take down the start/finish line | <input type="checkbox"/> Collect cones after the race |
| <input type="checkbox"/> Pickup any trash | <input type="checkbox"/> Take pictures |
| <input type="checkbox"/> Direct the participants where to run | <input type="checkbox"/> Pace the race using a bike |
| <input type="checkbox"/> Face painter | <input type="checkbox"/> Announcer |
| <input type="checkbox"/> Monitor inflatables | |

Items Needed

Please check what you can bring, and deliver it to CES as soon as possible.

- | | | | | |
|---|-------------------------------------|---|---|--|
| <input type="checkbox"/> 9 oz. Dixie cups | <input type="checkbox"/> Face paint | <input type="checkbox"/> Blue hairspray | <input type="checkbox"/> Yellow hairspray | <input type="checkbox"/> 16 oz. Blue SOLO cups |
|---|-------------------------------------|---|---|--|

Name: _____ Email: _____

Phone: _____ Child's Name: _____