



# Duo at the Ledge

1/2 marathon  
5k run/walk

## SATURDAY JULY 5, 2014

### VOLUNTEERS NEEDED

We are doing a fundraiser for the Leukemia & Lymphoma Society and the Officer Connie Starr Benefit Fund. The event is a 1/2 marathon-5k run walk to be held on July 5, 2014 in Grand Ledge. The 1/2 marathon starts at 6 am the 5k at 8:30 am and the fun run at 9:15 am. Races begin and end at St. Michael School. We can use anyone willing to give their time for two great causes. Why not get the whole family involved? We will provide food, a volunteer shirt and a good time as well as training you for your job. Please fill out the form below.

**Please Print**

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ (If under 18)

**PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**\*RUNNERS NAME** \_\_\_\_\_

T-SHIRT SIZE (ADULT)    S    M    L    XL    XXL

T-SHIRT SIZE (YOUTH)    S    M    L    XL

**PLEASE CIRCLE THE TIME(S) YOU CAN HELP**

Thursday night July 3<sup>rd</sup> at Playmakers 2-5pm or 5-8pm

Saturday morning July 5<sup>th</sup> at St. Michael's 5-8am or 8-11am

We need people for the following jobs:

Packet pickup/ Registration Thursday night at Playmakers in Okemos \_\_\_\_\_

Packet pickup/ Registration Saturday St. Michael Gym in Grand Ledge \_\_\_\_\_

Food setup and distribution \_\_\_\_\_

Water Stations (this might be a family or group) \_\_\_\_\_

Race course guides for one or both races \_\_\_\_\_

Kid's fun run helper \_\_\_\_\_

Event setup/ cleanup \_\_\_\_\_

Race course musical entertainer \_\_\_\_\_

\* Only if a runner wants \$3 credit for your service

To volunteer you can e-mail us at [s.kreft@comcast.net](mailto:s.kreft@comcast.net), call us 517-627-2735 or mail this form to Steve Kreft 1092 Brookside Dr. Grand Ledge, MI 48837 or online at

[http://runningfoundation.com/Duo\\_at\\_The\\_Ledge.html](http://runningfoundation.com/Duo_at_The_Ledge.html)

Thank You for giving your time to two great causes☺