



42ND ANNUAL HAWAII PACIFIC HEALTH WOMEN'S 10K

HAWAII'S PREMIER WOMEN'S RACE
SUNDAY, MAY 5, 2019, 6:30 A.M.

The Hawai'i Pacific Health Women's 10K and 5K Fun Run brings together women of all ages in a celebration of good health. Mothers and daughters, students, military and visitors make the Hawai'i Pacific Health Women's 10K & 5K a tradition.



VOLUNTEER

HPH is seeking volunteers to support the 42nd Annual Hawaii Pacific Health Women's 10K and 5K Fun Run! Volunteer opportunities include course spotters, various tent volunteers, registration and more. Show your support today!

For more information, call 535-7647.

VOLUNTEER TODAY

- Fill out the application below and send to info@HawaiiPacificHealth.org
- Volunteer Forms are due **Friday, April 19, 2019**

Name: _____

Daytime phone number: _____ Cell/evening phone number: _____

Email address (please print clearly): _____

Home address: _____

T-shirt size: small medium large xlarge xxlarge

VOLUNTEER OPPORTUNITIES

Please list your top three volunteer preferences in order below:

- _____ Packet Pick Up – Distribute race packets; assist participants in locating bib numbers
- _____ Set-Up – Start line, finish line, banners, tables
- _____ Triangle Park Water Station – Set up station, pass out water to runners and walkers, breakdown
- _____ Refreshment Table – provide water, fruit and snacks to runners
- _____ Course Spotter – Spot for runners who may need medical assistance during the race and
- _____ T-Shirt Table – Pass out finisher t-shirts, medals and tote bags
- _____ Clean up – Pick up all remaining items from park and course at completion of the race clean the park

