



40TH ANNUAL HAWAII PACIFIC HEALTH WOMEN'S 10K

HAWAII'S PREMIER WOMEN'S RACE
SUNDAY, MARCH 5, 2017, 7 A.M.

The Hawai'i Pacific Health Women's 10K race 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 a tradition.



We are looking for people to help with the 40th Annual Hawai'i Pacific Health Women's 10K Race happening Sunday, March 5, at 7:00 a.m. Come out and join the fun. We could use all the help we can get, from manning aid stations to serving as course marshals.

For more information, call 535-7674.

Volunteer Today

Please fill out the volunteer application form below and email to:

Marketing@HawaiiPacificHealth.org

Or fax to 535-7668

Please turn in forms by February 22. Your assigned location and shift time will be confirmed.

Name _____

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

Email address (please print clearly): _____

Home address: _____

T-shirt size: small medium large xlarge xxlarge

DUTY PREFERENCE (Please indicate 1st, 2nd & 3rd choice preference)

1. RACE DAY: Sunday, March 5, 2017, Kapi'olani Bandstand at 5:00 a.m. – 10:00 a.m.

- a. Packet Pick-Up: Distribute race packets; assist participants in locating their bib number a. _____
- b. Set-up: Set-up start line and finish line chute, banners b. _____
- c. Triangle Park Water Station: Set up Triangle Park water station; hand out water to passing participants; help breakdown station c. _____
- d. Race Course Marshals: Stationed along the course, Race Course Marshals will help with holding mile markers, controlling race participant traffic, keeping the race course safe, keeping cars/bystanders out of race course, etc. d. _____
- e. Cheer Stations: Cheer on participants at the start and end of the race e. _____
- f. Refreshments: Manning the refreshment station f. _____
- g. Manning finisher shirt booth and finisher bag booth g. _____

2. RACE DAY CLEAN UP: Sunday, March 5, 2017, Kapi'olani Bandstand at 9:30 a.m. – 11:00 a.m.

- a. Clean Up: Take down banners, move and stack tables and chairs, pack materials, clean the park h. _____