



4th Annual 5K Walk/Run for Asthma

VOLUNTEER PACKET



MIAMI METRO ZOO





Volunteer Assignment

- DATE:** Saturday, April 18, 2009
- WHERE:** Miami MetroZoo ~ 12400 SW 152 Street Miami, FL 33177
- TIME:** Registration Opens at 6:30 am
5K Run Starts at 7:45 am
5K Walk Starts at 8:00 am
Stretching and Warm-Up 7:30 am
- PARKING:** There is a plenty of parking available.
- RACE COURSE:** Through Miami's beautiful and scenic Miami MetroZoo
- REGISTRATION FORMS:** Enclosed in your volunteer packet is a sign-up sheet for you and members of your team to fill out and sign. If you have questions, please call **Christa Dean** at **305.233.4594**.
- VOLUNTEER REGISTRATION DEADLINE:** Volunteer pre-registration is requested and all forms should be postmarked by **April 10, 2009**, and mailed to:
- CONTINENTAL SOCIETIES, INC. GREATER MIAMI CHAPTER**
c/o 5K Walk/Run for Asthma
Attn: Volunteer
P. O. Box 162238
Miami, FL 33116-2238
- GOAL:** To make the 5K Walk/Run for Asthma a success, over 50 volunteers will be needed on event day.

If you have any questions please contact:

Christa Dean
EV Productions

evproductions@bellsouth.net

www.greatermiamicontinentals.com

305.233.4594

On the morning of the event, a brief orientation will be given for all volunteers regarding their assignments. Descriptions, FAQs and course maps will be provided.

Volunteers should be prepared to do any number of volunteer assignments. As the day progresses, **Special Events Management** will need to shift volunteers from one area to another as those areas require either less or more volunteers.

Volunteers should be prepared to arrive at 5:45 am and should expect to stay until 12:00 noon, though they may be dismissed earlier. Those duties and responsibilities which require volunteer assistance are listed and briefly described below.

VOLUNTEER CHECK-IN

(Time Commitment: 5:45am-10:00am)

Volunteers are needed to assist at the volunteer tent. These volunteers will check other volunteers in, give them their assignments and hand out t-shirts according to a master list.

INFORMATION/DIRECTIONAL/GREETERS

(Time Commitment: 5:45am-9:00am)

These volunteers must be able to speak clearly and direct participants accordingly. Volunteers will be placed mainly in the registration area to help guide those participants arriving on event morning. Questions will be asked: "Have you pre-registered?" and "Are you a team captain?" These volunteers must be well versed in event logistics.

T-SHIRT

(Time Commitment: 6:00am-9:00am)

A group of volunteers will pass out t-shirts to those participants who have sent in their application by mail or through on-line registration. Volunteers should be able to handle questions and a flurry of activity all at once. Registration tents will be set-up (one for the pre-registered and one for event day registration).

WATER STATION

(Time Commitment: 6:00am-10:45 am)

A group of volunteers will pass out water to those participants who are walking or running the event route. Volunteers should be able to handle route questions and encourage the walkers along the route.

COURSE MARSHALL

(Time Commitment: 7:00am-10:45am)

A group of volunteers will stand along the event route to cheer and encourage those participants along the way. Volunteers should have PLENTY of energy and enthusiasm.

KIDS AREA

(Time Commitment: 7:00am-12:00pm)

Volunteers are needed on event day to assist with the children participating and enjoying the Kids area.

VENDOR AREA

(Time Commitment: 6:00am-12:00pm)

Volunteers are needed on event day to assist with the participants and vendors participating in the Health and Wellness area.





REGISTER TODAY!!!

As a Volunteer or Volunteer Team Captain

We want to make sure we stay in touch with team captains prior to the **5K Walk / Run for Asthma** on **Saturday, April 18, 2009**

Please take a moment to fill out this sheet and return it by **fax** at **305-278-4108** or by mail to the address below.

(please print)

DATE _____

I am pleased to sign up as a **volunteer** for the Continental Societies, Inc. Greater Miami Chapter in association with the American Lung Association **5K Walk / Run for Asthma**

Name

Team Name or Organization

Address

City/State/Zip+4

Home Phone Work Phone

Fax E-Mail

I am organizing a group of _____ people to serve as volunteers.

I know of someone else who is interested in serving as a team captain.

Please send a team captain's packet to:

Name

Organization

Address

City/State/Zip+4

E-mail

CONTINENTAL SOCIETIES, INC. GREATER MIAMI CHAPTER
c/o 5K Walk/Run for Asthma
Attn: Volunteer
P. O. Box 162238
Miami, FL 33116-2238
305-278-4108 fax



ASTHMA FACTS

Continental Societies, Inc. Greater Miami Chapter can give you 22 million reasons why we need to "Blow the Whistle on Asthma" and why you should help fight the asthma epidemic and make an impact. More than 22 million Americans currently have asthma. You probably know someone who suffers from this chronic disease. It could be a family member, a young child, a co-worker, a neighbor or maybe even you. 4th Annual 5K Walk/Run for Asthma gives you the chance to get involved and help your loved ones breathe easier.

Asthma isn't always obvious; you can't see asthma but you can count its devastating effects in the United States. Asthma is responsible for over 12 million lost school days in children and more than 14 million lost workdays for adults. Even more frightening is the fact that asthma can be fatal; nearly 4,000 deaths are attributed to asthma annually. The economic cost of asthma is staggering - over \$16.1 billion dollars is spent annually. We need your help to make an impact in the fight against asthma. Join our 4th Annual 5K Walk/Run for Asthma today.

The 4th Annual 5K Walk/Run for Asthma is an effort to bring attention to this devastating chronic illness. We know a lot about asthma, but there is so much we don't know. Your participation will raise the funds necessary to provide life saving education, research and advocacy so we can better control asthma and soon find a cure.



ABOUT THE AMERICAN LUNG ASSOCIATION

The **American Lung Association** is celebrating its 104th year anniversary; the American Lung Association was founded in 1904 and is the oldest not-for-profit health agency in America. The American Lung Association of Florida, South Area serves three counties including Miami-Dade, Broward, and Monroe. Its mission is to prevent lung disease and promote lung health in South Florida through patient services, programs, public education and research. In addition to helping people with asthma, American Lung Association strives to help those individuals suffering from lung cancer, emphysema, chronic bronchitis, TB, pneumonia, influenza, occupational lung problems, respiratory allergies, lung problems caused by air pollution and infant pulmonary disorders.

ABOUT THE CONTINENTAL SOCIETIES, INCORPORATED

The mission of the **Continental Societies, Incorporated** is to create environments within our communities that empower children to have access to quality and appropriate opportunities to reach their optimal potential. Continental Societies, Inc., an international public service organization dedicated to the socioeconomic and cultural welfare of underprivileged children and youth, was founded in June 1956 and incorporated nationally in 1972. Continental Societies Inc. embraces 41 chapters in 17 states in the Continental USA, District of Columbia and Bermuda and is continuing to grow. Through our Five-Point Programmatic thrust, HEER plus Arts and Humanities - Health, Education, Employment, Recreation plus Arts and Humanities, Continental women internationally strive to adhere to the humanitarian precept of sharing with those in need. Nationally, regionally and locally, Continentals have created innovative activities while they volunteer their time through outreach programs in youth centers, schools, pediatric wards, homes for the delinquent, mentally retarded and emotionally challenged youth. Continentals volunteer innovatively through tutoring, mentoring, after-school programs, apparel donations and Walk-a- thons. Mentoring programs are a major component of the Continental approach. Continental Societies, Inc. has served over 2 million children and youth with special needs for 50 years. Nationally, Continental Societies, Inc.'s Health initiative focuses on Asthma and its effects on underprivileged children and youth.



WHO CAN HELP?

YOU

Be your own example! Demonstrate your support with a meaningful contribution.

YOUR SPOUSE/PARTNER

They support you - ask for a few dollars to support something wonderful you are doing.

YOUR FAMILY, AUNTS, UNCLES, COUSINS

Tell them they can forget your birthday if they support the **Continental Societies, Inc ~ American Lung Association 5K Walk/Run for Asthma.**

YOUR FRIENDS

You've helped them out for years.

YOUR NEIGHBORS

You probably bought their daughter's Girl Scout cookies.

YOUR CO-WORKERS

They'll be proud to support such a worthy cause.

YOUR FAVORITE MERCHANT

The want to help good customers like you.

YOUR CHURCH OR TEMPLE MEMBER

People in your community would love to help!