



In support of York Region District Stroke Centre

# Strides for Stroke

5K Run/Walk



## Volunteer Registration Form

Thank you for your interest in volunteering for the  
*Strides for Stroke 5k Run/Walk* to be held on

**Saturday, May 1, 2010 at Richmond Green**

Funds raised will benefit the York Region District Stroke Centre.

Please complete the form below and a race representative will contact you

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

DAY TIME PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_

BEST TIME TO CALL: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Are you a student?  YES  NO Grade \_\_\_\_\_ School \_\_\_\_\_

T-shirt Size:  S  M  L  XL (sizes not guaranteed)

Please check the areas that you are interested in:

### PRE-RACE:

**Race Kit Pick-up** at York Central Hospital Foundation (*please indicate the date you are available*)

**THURSDAY, APRIL 29**

Shifts will be between the hours of  
9:00 a.m.- 8:00 p.m.

**FRIDAY, APRIL 30**

Shifts will be between the hours of  
9:00 a.m.- 8:00 p.m.

### RACE DAY:

**Event Day  
Registration/Race Kit  
Pick-up**

**Event Day Set-up**  
(6:00 a.m.-10:00 a.m.)  
 **Event Day Clean-up**  
(11:30 a.m.-1:00 p.m.)

**Parking**  
 **Refreshments**  
 **Start/Finish Line**

**Race Route Marshals**  
 **Wherever needed**  
*Time Available:* \_\_\_\_\_

Please note our event day activities run from approximately 6:00 a.m. to 1:00 p.m.

Please return this form by mail, fax or e-mail to:

**YORK CENTRAL HOSPITAL FOUNDATION**

10 Trench Street, Richmond Hill, Ontario, L4C 4Z3

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