



Volunteers Needed

for the 2nd Annual
d'Ear 10K Trail Race!

Saturday, October 31st, 2009, 10:00 am
Lake Lansing North Trail
6260 E. Lake Drive, Haslett, MI

For more information about The Listening Ear:
Go to www.thelisteningear.net, or call (517) 337-1717

Yes! I want to help out at the d'Ear 10K Trail Race!

(Please Print)

Name _____ Age (if under 18) _____

Parent or Guardian if under 18: _____ Signature: _____

Address _____ City, State, Zip _____

Phone _____ E-mail _____ @ _____

(Please include your email address, as this is our primary method of communication)

Please check this box if you require correspondence by mailed letter instead of email

Preferred Positions: (Please indicate 1st, 2nd, and 3rd choice)

_____ Registration (experience preferred) _____ Set-up and/or take-down _____ Refreshments
_____ Parking _____ Cheering/Course Control _____ Open/where needed

Please note: Your specific volunteer shift will be included in your assignment email.

Please return this form by October 1st to:

The Listening Ear
Attention: Tim Reeves
313 W. Grand River Avenue
East Lansing, MI 48823

Email your questions about the race or race registration to speesbon@acd.net
Email your questions about volunteering to dEarrun.volunteers@gmail.com

About the Race:

The annual d'Ear 10K Trail Race is a USATF sanctioned race for runners organized by runners. The course is a rolling, natural trail of varying terrain through the stunning Lake Lansing North Park trail. Proceeds from the race will benefit The Listening Ear Crisis Intervention Center, which has provided free and confidential counseling to the Greater Lansing area since 1969.

We need volunteers to ensure our race will be a great success:

Please consider volunteering a few hours Saturday morning, October 31st, 2009 to help at this event. Volunteers are needed to help with registration, set-up/take-down, refreshments, parking, course control, cheering and other various activities.

We will email you info about your volunteer shift & assignment about 10 days before the race.