

VOLUNTEER OPPORTUNITIES 2025

DAY OF VOLUNTEER OPPORTUNITIES

Welcome to a FUN WAY TO BEGIN THANKSGIVING MORNING!

The Turkey Trot 5k offers a wide range of tasks, from setting up to manning the finish line, providing many opportunities for volunteers to get involved. This race runs rain or shine! Volunteers must be a minimum of 18 years of age. Volunteers under the age of 18 must be accompanied by a parent.

Every effort will be made to secure your volunteer spot; however it is best to be flexible as it may become necessary to move a volunteer to an area of greater need. We want you to be comfortable and request your understanding should a need to move you become necessary.

Here is a brief description and time frame of the Turkey Trot 5k Volunteer tasks. **Note: We will do our best to accommodate job preferences but reserve the right to assign volunteers as needed.*

SET UP: 2 Volunteers Needed

- Thanksgiving morning, **November 27, 2025, 5:45 am - 9:30 am**
- Volunteers will assist in prepping bananas, snacks and water for registered runners
- Volunteers will assist in prepping medals for handouts at the finish line
- Volunteers will assist in hanging logo banners and setting up food/holiday gift drive collection area.

These positions will require standing and reaching.

Seniors First Programs and Services Table: 2 Volunteers Needed

- Thanksgiving morning, **November 27, 2025, 6:00 am -9:30 am**
- Volunteers will represent Seniors First at a table to greet guests. This station will be responsible for providing information about the Seniors First programs, accept donations and refer volunteers to the scheduled activity. This service requires an energy to communicate with guests and runners on the Seniors First, Inc mission.

REGISTRATION: 20 Volunteers Needed

- Thanksgiving morning, **November 27, 2025, 6:00 am - 9:30am**
- Volunteers will help register athletes or volunteers before the race starts. Duties can include passing out packets and t-shirts or race bibs. You will also help parents register their children for the Tot Trot. Only 2 volunteers are needed for Tot Trot. Outgoing, personable people enjoy this placement as you are in contact with every participant.

HAND OUT WATER AND SNACKS BEFORE AND DURING: 15 Volunteers Needed

- Thanksgiving morning, **November 28, 2025, 6:30-9:00am**
- Handed out water to registered guests before and after the race

Standing, reaching, and loading will be required.

To secure your spot as a volunteer, please complete the Volunteer & Consent waiver. You can download the form [here](#), save it to your computer, fill it out, and then email it to msullivan@seniorsfirstinc.org.

If you have any questions, please don't hesitate to contact Maureen Sullivan, Seniors First, Inc. Volunteer Program Supervisor, at msullivan@seniorsfirstinc.org or 407-373-7752.



2025 Seniors First Turkey Trot Volunteer Registration & Consent Waiver

By participating in the Seniors First Turkey Trot on Thanksgiving morning, November 27th, you will help raise funds and awareness for seniors living in Orange, Seminole, and Polk Counties to help them live independently. Volunteers must be a minimum of 18 years of age. Volunteers under 18 must be accompanied by a parent. All volunteers receive a complimentary Seniors First Volunteer T-shirt. Volunteers will receive more detailed information and instructions after completing the registration process. Please indicate your volunteer preference.

**Note: We will do our best to accommodate job preferences but reserve the right to assign volunteers as needed.*

Thank you for your support!

DAY-OF VOLUNTEER POSITIONS

(Please rank 1st, 2nd and 3rd choice):

Set Up:	<input type="checkbox"/>	Registration:	<input type="checkbox"/>
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Pre-Race Water and Snacks:	<input type="checkbox"/>	Seniors First Inc. Programs and Services Table	<input type="checkbox"/>
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I understand that my consent to the following provisions is given in consideration for being permitted to participate as a volunteer in this event. I am in adequate physical condition to participate as a volunteer. I am aware of and voluntarily assume the risks of volunteering in this event. If I am injured, I agree that I will not hold Seniors First, Inc., and/or all event sponsors, and any affiliated individuals, sponsors, or their employees responsible. I give my permission to Seniors First and Track Shack to use any photographs, video tapes, or other recordings of me that are made during this event. I understand and agree to this volunteer waiver/release statement.

First Name:	Last Name:	Date of Birth:
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Address:	City:	State:	Zip:
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Phone:	Email:
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Signature:	Date:	Total Volunteer Hours:
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T-shirt size (choose one): S ☐ M ☐ L ☐ XL ☐ XXL ☐

To register, download, and save form to your computer, fill out and email it to msullivan@seniorsfirstinc.org

For more information, contact Volunteer Program Supervisor Maureen Sullivan at the email above or by phone at 407-373-7752. **www.seniorsfirstinc.org**