

# Crisis Line & SafeHouse of Central Georgia



10<sup>th</sup> Annual  
**Phoenix Rising**  
5K & 1 Mile Fun Run  
*Supporting sexual assault survivors*

Saturday, October 22, 2022

Gray, Georgia

Pre-race festivities at 3pm, Race at 5pm

**VOLUNTEERS NEEDED!**

**SEND FORM TO:** Send volunteer form by mail to **Crisis Line & Safe House of Central Georgia, 915 Hill Park, Suite 100C, Macon, GA 31201**. Alternately, you may scan and email completed form to [avanderheyden@cl-sh.org](mailto:avanderheyden@cl-sh.org).

**INFORMATION:** Anneliese Vanderheyden at 478-319-1075.

**PARKING:** Volunteer parking at Sanchez and Craig Orthodontics in Gray, 197 W. Clinton Street.

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Volunteer Name (please print)

Sex

Age

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Mailing Address

City

State

Zip

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Phone Number

Email Address

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Group Name (if volunteering as part of a group)

**Preferred Race Role:**

Course Marshal

On-course water station

Cheering station

Race day set-up

Registration/Food tent

Event clean-up

**T-Shirt Size:**

Adult Small

Adult Medium

Adult Large

Adult X-Large

Adult XX-Large

Adult XXX-Large

I'd like to donate to help offset  
the cost of my t-shirt!

Amount enclosed

**WAIVER:** In consideration of the 2022 Phoenix Rising 5K and Fun Run, I hereby waive all claims for myself and my heirs against any race official or sponsor, Reflections Psychotherapy, LLC, or Crisis Line & Safe House of Central Georgia for any injury or illness which may directly or indirectly result from my participation in these events. I further state that I am in proper physical condition to participate in this event. I hereby grant race officials and/or sponsors permission to use my photograph or other records of the event for any legitimate purpose.

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Signature (Parent/guardian must sign if participant is under 18 years old)

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Date