

Running Toward Change — Volunteer Application

Mission: Running Toward Change builds community through running to support veterans and first responders facing PTSD, mental health challenges, and substance abuse, while raising funds for families affected by suicide.

Thank you for offering your time to support veterans, first responders, and families in need. Please complete the form below.

Contact Information

- Full Name: _____
- Email: _____
- Phone: _____
- City/State: _____
- Preferred Contact Method: ☐ Email ☐ Text ☐ Phone Call

Areas of Interest

(Check all that apply)

Skills & Experience

(Briefly describe any relevant experience, certifications, or special skills — e.g., first aid/CPR, event management, social media, graphic design, project management, bilingual, etc.)

Availability

(Check all that apply)

- **Days:** ☐ Weekdays ☐ Evenings ☐ Weekends
- **Frequency:** ☐ One-time events ☐ Monthly ☐ As needed / On call
- **Upcoming Event Interest:**

Emergency Contact

- **Name:** _____
- **Relationship:** _____
- **Phone:** _____

Waivers & Consent

Signature

I certify the information provided is accurate to the best of my knowledge.

Signature: _____ **Date:** _____

Printed Name: _____

Optional: Notes / Placement (For RTC Use)

How to Submit

- Email a photo or scan of this completed form to **volunteer@runningtowardchange.org**
- Or bring a printed copy to your next RTC event or meeting.
