



## RUCK 22







Name:
Address:
State: Zip Code:
Phone Number:Email:
I would be interested in volunteering for the following committee(s):  Donations local/ regional businesses corporate private Spaghetti dinner Check In walkers (day before and day of the walk) Help along walk route Thank You's
What is your preferred method of contact? Mark all that apply.  phone text email
What is your preference for meeting times and days?  AM PM Weekday Weekend

Return completed form to:
Ruck 22 Walk
VFW Post 4724
PO Box 412
Elmwood IL 61529