

**Northern Virginia Senior Olympics (NVSO)**  
**2024 Volunteer Request Form**

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- 1) **EVENT:** 3 Mile Power Walk
- 2) **Number of Volunteers Needed:** 9
- 3) **Location of Event:** Lake Braddock HS track
- 4) **Event Director's Name:** Keg Good
- 5) **Event Director's Contact Info:** 703-987-9070  
keg.good@fairfaxcounty.gov
- 6) **Time Commitment:** 2.5 hours 2:40 – 5pm at the latest.  
  
Vol checkin 2:40. Event starts 3pm. May be a single heat or 2 heats depending on participant count.
- 7) **Date of event:** Sunday, 9/22
- 8) **Volunteer Duties:** Lap counting. Recording each time a participant completes a lap. 2 of these volunteers will also help with checking in participants and giving awards.

**NOTE: Volunteers will receive a Volunteer T-shirt indicating that they volunteered for the Northern Virginia Senior Olympics. Also, no relevant skills or experience is required as the Event Director will provide training and orientation.**