

Northern Virginia Senior Olympics (NVSO)
2026 Volunteer Request Form

- 1) **EVENT:** 3-Mile Powerwalk
- 2) **Number of Volunteers Needed:** 8
- 3) **Location of Event:** James Madison HS, Vienna, VA
- 4) **Event Director's Name:** Keg Good
- 5) **Event Director's Contact Info:** keggood2013@gmail.com
- 6) **Time Commitment:** 11:00 a.m. – 2:00 p.m.
- 7) **Date of event:** Sunday, September 13, 2026
- 8) **Volunteer Duties (please describe the task that the volunteer would be asked to perform for your NVSO event):** lap counting, assist with registration, assist with awards

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