



Volunteer Center of Cedar Valley

August 26, 2010

FOR IMMEDIATE RELEASE

- On September 11th Trekman Racing is sponsoring the Park to Park Race. A portion of the proceeds from this race are given to Family & Children's Council for local child abuse prevention work. Volunteers are needed Friday evening with packet pick-ups at the 5 Sullivan Brothers Convention Center; Saturday morning volunteers are needed to assist with packet-pick-ups and late registration, parking, course support, direct runners at intersections on trail, water stops, finish line, and food. Volunteers age 16 or older.
- The Cedar Falls Lutheran Home's annual Promise Run is just around the corner! Volunteers are needed to help check runners in, flag the path, pass out refreshments, and many more fun activities! The race is scheduled for the morning of September 18. Shifts are flexible. Volunteers ages 16 and over are welcome.
- Individuals are needed between the hours of 10 a.m. and 5 p.m. on Sunday, September 19th to assist with The Arboretum's annual Fall Harvest Festival. There are many opportunities available from set up and tear down to assisting with games and crafts, parking and selling merchandise. Volunteers age 16 and over are welcome.
- Hawkeye Valley Area Agency on Aging in collaboration with the AARP Foundation needs volunteers to make education outreach calls Monday through Friday between 8 a.m. - 4 p.m. Shifts are flexible. Volunteers ages 55 and over are welcome.

Volunteer Buzz: 188,600 more lowans are volunteering than they were 20 years ago. In 1989 33.3% or 718,800 adult lowans volunteered annually. In 2009 38.7% or 907,400 lowans volunteered.

Call or visit the Volunteer Center of Cedar Valley at 272-2087 or access www.vccv.org for a complete listing of volunteer opportunities in the Cedar Valley!