



Volunteers of America



Spirit Run

**Date:**

**July 31, 2010**

This is a community event all ages and abilities are encouraged to participate.

**Westchester Lagoon/  
Coastal Trail  
5K Run/Walk**

**Entry Fees:**

**Adults \$25.00**

**Seniors 55 and over \$15.00**

**Children 17 & under \$15.00**

Family Discounts Available

**TO SIGN UP  
CONTACT:**

**Retired and Senior  
Volunteer Program**

1675 C Street Suite 201

Anchorage, AK 99501

Visit : [www.voaak.org](http://www.voaak.org)

Phone: 907-274-7787

Fax: 907-274-7781

E-mail: [rsvpvolunteer@voaak.org](mailto:rsvpvolunteer@voaak.org)

**T-SHIRTS AVAILABLE  
FOR PURCHASE**

## *Volunteers of America Alaska*

Retired and Senior Volunteer Program

# GOT SPIRIT ALASKA

Volunteers of America Alaska (VOA AK) is part of a national organization founded in 1896. In Alaska, our programs support Alaskans of all ages. Volunteers of America Alaska programs include Prevention, Intervention, and Treatment services for adolescents impacted with substance or alcohol abuse. We have programs that help Grandparents raising grandchildren and we provide the Retired and Senior Volunteer Program (RSVP).

The Retired and Senior Volunteer Program is committed to making a difference in Alaska, by tapping into the "fastest growing natural resource" available – citizens over the age of 55! Part of the RSVP mission is to help individuals age 55 and older put their skills and life experience to work in their communities. Last year, RSVP members contributed over 110,000 hours of service to over 100 non-profit and public organizations throughout Anchorage and the Mat-Su Valley.

**To Help and Support Our Continued Service  
Sign Up for the VOA Alaska Spirit Run 2010 at  
[www.voaak.org](http://www.voaak.org) TODAY!**

**Please use the information to the left to contact us!  
Thank you for your generous support!**

