

## Sunday Run Crew

### Crew Chief –

#### Race Day volunteer registration procedures:

Please be on-site by 6:30AM unless otherwise specified. All volunteers are required to sign in with Volunteer Coordinator at the motor home. Meet your crew chief at the motorhome for last minute instructions and to pick up your equipment. If your position requires a radio, you will be assigned one at that time and shown how to use it. If you have any questions about your volunteer assignment, please email Race Director Kate Okany at [ktokany@mts.net](mailto:ktokany@mts.net).

#### Volunteers and Positions

Volunteer Position	Duties	Location and Equipment required
<b><u>Set up</u></b> All run course volunteers	Position course markers as per map Set up aid stations as per map	<b>Run Course</b> <b>RADIO – Crew Chief</b> Polyposts, pylons, chalk, 2 Picnic Tables, cups, 4 cooler jugs Water, sport drink
<b><u>Turnaround Aid Station</u></b>	Fill cooler jugs with water Mix sports drink according to directions Offer water and sport drink to competitors Ensure all garbage is picked up after event Ensure cooler jugs are emptied and cleaned after event	<b>Far end of run course</b> 2 cooler jugs Sport drink powder 400 Cups Picnic table Garbage bags
<b><u>Course Direction</u></b>	Ensure safety of runners by stopping & directing pedestrians and cyclists at intersections	<b>Intersections on course</b> First intersection Second intersection
<b><u>Lap Counters</u></b>	Record laps for each competitor (TryATri – 1 lap, Sprint – 2, Olympic – 4)	<b>Turnaround pylon near finish</b> Start sheets Clipboard, pens (bring lawn chairs)
<b><u>Finish Line Aid Station</u></b>	Fill cooler jugs with water Mix sports drink according to directions Offer water and sport drink to competitors Ensure all garbage is picked up after event Ensure cooler jugs are emptied and cleaned after event	<b>Close to Finish Line</b> 2 cooler jugs Sport drink powder 400 Cups Picnic Table Garbage bags