

Fawn Lake Triathlon 2026

Volunteer Information

General Instructions for Course Marshals and Volunteers

IN CASE OF AN EMERGENCY:

Injuries – In case of any medical emergency or if any other medical assistance is needed, call the on-site EMT (**Kristen B at 757-763-9664**) for quickest response. Also, use WhatsApp to text the Race Command group to let them know of the problem. If you are unable to reach the EMTs, Race Command can assist in finding and dispatching them.

Other emergencies – Use WhatsApp to text the nature and location of the emergency to the Race Command group.

Note: We are trying to improve communications using WhatsApp. It is very good at handling communications in environments with intermittent cell service and is much more reliable than normal texting or phone calls. At least one person at each volunteer location should have WhatsApp installed and have joined the “Fawn Lake Triathlon” community. To get added to the Fawn Lake Triathlon community, ensure WhatsApp is installed on your phone, then use this link <https://chat.whatsapp.com/H3vMzotuV8KLvRQgSrYbvb?s=cl&p=a&ilr=4>). If you are unable to get WhatsApp working and need to communicate to Race Command during the race, please call or text Syd Mapp at 770-500-2038 or Jeff Thompson at 845-326-6859.

Safety: Safety is our #1 Priority. Please inform cars that approach that a biking and running race is underway and that they should drive very slowly (as far RIGHT as possible in their lane) and be wary of both bikers and runners. Additionally, be on the lookout for unsafe practices by any competitor, especially the younger ones. Give a warning to competitors if you see anything inappropriate. Persistent or egregious unsafe competition may result in the racer’s disqualification. This is especially important during the biking portion. If you see a competitor acting unsafely, record the bib number and report it to the Race Command WhatsApp group.

General Instructions

The approximate times for the legs are as follows (start times reflect the fastest competitor):

Sprint Swim	7:30 – 8:05
Sprint Bike	7:40 – 9:20
Sprint Run	8:10 – 10:10
Teen Swim	9:30 – 10:05
Teen Bike	9:35 – 10:50
Teen Run	9:55 – 11:10
Child Swim	10:05 – 10:40
Child Bike	10:10 – 11:15
Child Run	10:20 – 11:30

Volunteer Position	In Position Time
Registration	5:45 AM
Lake	7:00 AM
1 through 21	7:15 AM
22 through 27	7:45 AM

Volunteer Location Setup and Breakdown

Most volunteer locations have no or minimal setup or breakdown. However, some particularly sensitive intersections have cones, signs, or other items that need to be properly set up before the

Fawn Lake Triathlon 2026

Volunteer Information

race, and would need to be taken down afterwards. If the cones and signs aren't set up when you get to your assignment, please set them up. When your position's work is complete, if there are cones or signs near or at your location, please collect them and place them off to the side of the roadway so that they can be collected by the race team. That'll help us get the community back to normal as quickly as possible after the race is complete.

Bib Assignments

Bibs 001 – 500 are Blue and used in the Sprint Only

Bibs 501 – 650 are Orange and used in the Teen (age 10-15) Race

Bibs 651 – 950 are Black and White and used in the Child (6-11) Race

Longstreet Traffic – Longstreet from Fawn Lake Parkway to Honor Bridge and then back to Stonewall Jackson will be coned. All vehicle traffic should be advised to keep right of the cones in both directions. Bikers should be directed to keep left.

There will not be a volunteer meeting. T-shirts, Warning Flags and Safety Vests (Parking Only) will be distributed ahead of time to those whose position warrants it. Please arrive at your respective volunteer position no later than the time posted above. However, if you are unsure of your task, race directors are available anytime after 6:00 am on race day at the Community Center. We ask that volunteers at positions 22-27, please park on Stonewall Jackson and ride the FLVG Parking team shuttle, or ride a bike or golf cart in order to alleviate any additional parking or traffic concerns while the Sprint race is ongoing. Please plan accordingly.

Attached is a map with your location shown and specific instructions for each leg of the race for which you are responsible. Most of you cover multiple legs and races. However, a few will need to change location during the race. At the end of every position description, you will find your release point. If you are unsure if the last competitor has passed or not, please remain in position until the race sweeper has passed your location.

Spotsy EMS (**TBD Name: TBD Phone**) will be on site to handle any medical issues. If you need to report an issue or an injury on the course and cannot reach EMS, text the Race Command WhatsApp group, or call one of the following numbers: Syd Mapp (770)500-2038 or Jeff Thompson (845)326-6859.

If you have any questions as to your duties, please contact one of the volunteer coordinators. (Mary Parsons, Syd Mapp, or Bill Parsons). Please bring a chair, shade, and any drinks or snacks that you may need. Sodas, Beer, Pizza and Snacks are available to volunteers at the hospitality center. At the conclusion of the final race, it would help if you could return any race material back to the finish line at the community center.

THANK YOU for your time and participation!

Fawn Lake Triathlon 2026

Volunteer Information

Volunteer Stations and Instructions

1. Sprint Swim – Start/Finish (2 Volunteers) (2 Cones)

Monitor start and finish of swimmers as they exit the water towards the transition area.

Areas of concern are where the wooden ramparts may be an obstacle for barefoot swimmers

2. Transition area – Run and Bike start/ finish (3 Volunteers Mount/Dismount Signs)

Sprint and Teen Races (Blue Bibs and Orange Bibs)

Swim/Bike transitions – Monitor bikers to assure they do not mount their bikes until designated area (push bikes in transition area – no riding). Direct bikers to exit the transition area via the parking lot toward the pro shop.

Run – Direct runners to exit the transition area toward the Cove, cross Longstreet, and head out on the left side of Longstreet, toward Sheridan.

Child (Black and White Bibs)

Bike: Direct bikers to exit the transition area toward Sheridan up the right side of Longstreet.

Run: Direct runners to exit the transition area toward the Cove and head out on the left side of Longstreet, toward Sheridan.

Position finished at conclusion of ALL Ages

3. Sprint and Teen Bike Start/ Finish (Included in above count, volunteers are spread out)

Direct bikers to the bike mount area. (Top end of Parking Lot)

Position finished at the conclusion of ALL Ages

4. Bike Lapping and finish – (4 volunteers) – spread out around Pro Shop Volunteers from Transition Area also assist here

Sprint Bike (Blue Bibs) – Before U turn on Longstreet – direct bikers to prepare for dangerous turn and proceed with a second lap as Bikers finish. Ensure bikers dismount before entering the transition area.

Sprint Run – direct starting runners to the cart path at the Pro Shop entrance towards Stonewall Jackson and returning runners towards Sheridan.

Teen Bike (Orange Bibs) – Direct bikers northbound onto Longstreet and returning bikers into the transition area. Ensure bikers dismount before entering the transition area.

Child Race (Black and White Bibs)

Bike – At the Longstreet-Sheridan intersection, direct finishing bikers towards Sheridan where they will bear left to the northbound side of the median.

These volunteers may leave after the Teen Bike sweep and the Child Bike sweep have both finished.

5. Bike Lapping and Transition Entrance (Signs and Cones)

Position Finished at the conclusion of ALL Ages

6. Longstreet and Stonewall Jackson – going North (3 Volunteers, Straight Arrow Sign)

Fawn Lake Triathlon 2026

Volunteer Information

All bike races – Direct bikers to stay on Longstreet. Manage traffic from Stonewall Jackson to avoid bikers. Assist with controlling vehicular traffic

These volunteers may leave after the Child Bike sweep has passed.

7. **Longstreet and Fawn Lake Parkway (7 Volunteers Bikes on Road and Arrow Signs)** This position will have an Allied Security vehicle and guard and is one of the safety critical intersections.

Vehicle Traffic – Once the Sprint Bike race starts, vehicles should be discouraged from crossing Longstreet on Fawn Lake Parkway. Of course, residents leaving or returning home are allowed to drive wherever necessary, but they should be cautioned to keep their vehicles as far right in their lane as possible and be wary of bikers on the roads if they will be driving on the course.

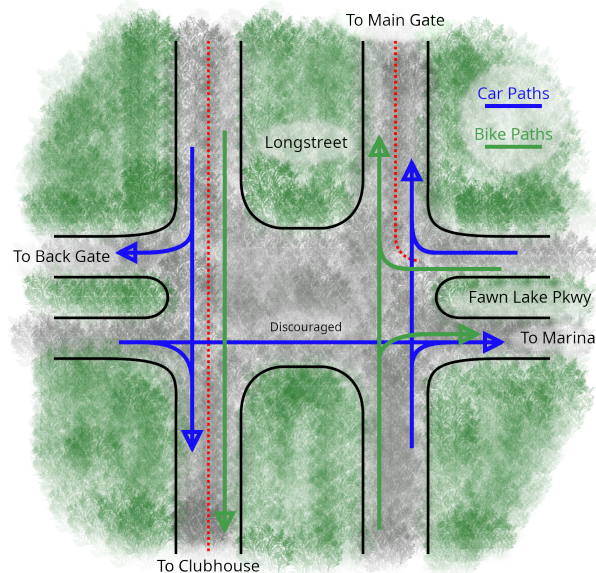
Vehicles on Longstreet facing the gate –

Stop the vehicles far enough away from the intersection so as not to interfere with the Sprint and Teen bikes turning right onto Fawn Lake Parkway. If the driver is leaving the community, once clear of bikers direct them to continue on Longstreet to the main gate, keeping right of the cones. If they want to head toward the marina, once clear of bikers, they should turn right and proceed with caution. If they want to turn left onto Fawn Lake Parkway, recommend that they head to Honor Bridge, turn around there, and then return to Fawn Lake Parkway. We can't force residents to do that, but that minimizes the potential conflict with bikes.

Vehicles on Longstreet facing the Club – If here for the race, direct the vehicle to continue toward Stonewall Jackson, keeping right of the cones. Otherwise, they should proceed with caution when the way is clear of bikers.

Vehicles on Fawn Lake Parkway facing the marina – If here for the race, direct the vehicle to turn right onto Longstreet toward Stonewall Jackson, keeping right of the cones. If they are leaving the community, they should be encouraged to make a u-turn and leave via the secondary gate. Otherwise, they should proceed with caution when the way is clear of bikers.

Vehicles on Fawn Lake Parkway facing away from the marina – During the Sprint and Teen bike races, this is a key congestion point. All care should be taken to avoid multiple vehicles waiting at this spot during the Bike race because they will impede the bikers returning from the Marina, potentially creating an unsafe situation. All traffic should be directed to turn right and head toward the main gate. If the bike course is active, recommend to anyone who really insists on crossing Longstreet that they turn right, head to Honor Bridge, turn around there, and then return to Fawn Lake Parkway. We can't force residents to do that, but that minimizes the potential conflict with bikes.



Sprint and Teen Bike (Blue Bibs and Orange Bibs) – Direct outbound bikers to turn right onto Fawn Lake Parkway towards the Marina. Direct bikers returning from the marina to turn

Fawn Lake Triathlon 2026

Volunteer Information

right onto Longstreet toward Honor Bridge and to stay on the left of the cones. Direct bikers returning from Honor Bridge to stay straight on Longstreet heading toward the Club.

Child Bike (Black and White Bibs) – Direct outbound bikers to stay straight on Longstreet heading toward Honor Bridge. Direct returning bikers to stay straight on Longstreet heading toward the Club.

These volunteers may leave after the Teen Bike sweep and the Child Bike sweep have both passed heading toward the Club.

8. Fawn Lake Parkway at Burnside (2 Volunteer Straight Arrow Sign)

Sprint and Teen Bikers - Direct outbound bikers to continue on Fawn Lake Parkway towards Marina and direct returning bikers to continue on Fawn Lake Parkway towards Longstreet. Monitor vehicle traffic from Burnside. Triathlon vehicular traffic parked on Stonewall Jackson and Burnside will be directed to leave by turning left from Burnside onto Fawn Lake Parkway, the right on Longstreet (Cars on right, bikes on left).

These volunteers may leave after the Teen Bike sweep has passed heading towards Longstreet.

9. Fawn Lake Parkway at Benning Way (0 Volunteer Straight Arrow Sign)

NO Volunteers for this location. There will be ground markings for this location.

10. Fawn Lake Parkway at Kirkland (2 Volunteers, Straight Arrow Sign)

Sprint and Teen Bikers – Direct outbound bikers to continue on Fawn Lake Parkway towards Marina and direct returning bikers to continue on Fawn Lake Parkway towards Longstreet. Monitor vehicle traffic from Kirkland.

These volunteers may leave after the Teen Bike sweep has passed heading towards Longstreet.

11. Fawn Lake Parkway at entrance to Marina Parking Lot (2 Volunteers, Straight Arrow Sign)

Sprint and Teen Bikers – Direct outbound bikers to stay straight and remain on the right side of the road as they continue into the marina. Monitor vehicle traffic in the marina.

These volunteers may leave after the Teen Bike sweep has passed heading towards Longstreet.

12. Turn around at Marina (3 Volunteers, Left Arrow Sign)

Sprint and Teen Bikers – Direct bikers circle counterclockwise to exit Marina.

These volunteers may leave after the Teen Bike sweep has passed.

13. Fawn Lake Parkway and Longstreet (7 Volunteers, Team Right Turn Sign)

See the instructions for Position 7

14. Longstreet at Cedar Creek (2 Volunteers, Straight Sign)

All Bike Races – Direct outbound bikers to continue straight on Longstreet, monitor traffic on Cedar Creek and remind all vehicles to keep right of cones.

Fawn Lake Triathlon 2026

Volunteer Information

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed.

15. (a) Longstreet at Chatham (3 Volunteer, Straight Sign)

All Bike Races – Direct outbound bikers to continue straight on Longstreet, monitor traffic on Chatham and remind all vehicles to keep right of cones.

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed.

15 (b) (Beamer) (2 Volunteers, Straight Sign, Cones)

All Bike Races – Direct outbound bikers to continue straight on Longstreet, monitor traffic on Beamer and remind all vehicles to keep right of cones.

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed.

15 (c) Pickle Ball court intersection (2 Volunteers, Straight Sign, Cones)

All Bike Races – Direct bikers to continue straight on Longstreet heading toward the Club, Monitor traffic from Beamer and the pickleball courts and remind all vehicles to keep right of cones.

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed heading back towards the Club.

16. / 17. U Turn at Honor Bridge Crossover (5 volunteers 2 Left Turn Signs Slow Down Sign Cones Caution Bikes on Road Sign) This position will have an Allied Security vehicle and guard and is one of the safety critical intersections.

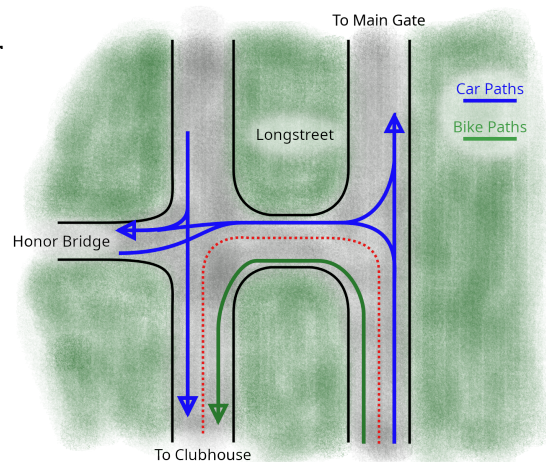
Setup – Use cones to clearly direct bikers approaching from the Club to stay left during their turnaround, use the left (south) side of the crossover, and exit back onto Longstreet heading toward the Club on the left half of the lane.

Vehicles on Longstreet facing the Club – Right turns onto Honor Bridge are fine. All other traffic should be warned of the race in progress.

Vehicles need to keep right of the cones while on Longstreet and be wary of bikers on the course.

Vehicles on Longstreet facing the gate – Traffic heading toward the gate is fine. Left turns onto Honor Bridge need to coordinate with outbound traffic from Honor Bridge since there is only one vehicle lane on the crossover.

Vehicles on Honor Bridge – Vehicles wishing to leave should be directed to drive on the left (north) side of the crossover to the outbound lane of Longstreet, taking care to avoid any traffic trying to turn left onto Honor Bridge. Vehicles wishing to turn right onto Longstreet should be cautioned to keep right of the cones and be wary of bikers on the course.



Fawn Lake Triathlon 2026

Volunteer Information

All Bike Races – Warn bikers of upcoming U-turn and direct bikes to continue south on Longstreet keeping left of the cones.

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed.

18. Longstreet crossing Fawn Lake Parkway going South (7 Volunteers, Straight Sign)

See the instructions for position 7

19. Longstreet crossing Stonewall Jackson going South (3 Volunteers, Straight Sign, Orange flags)

All Bikers : Direct to stay on Longstreet

Sprint Runners – Direct outbound runners from walking path to turn left onto Stonewall Jackson, keeping on the right side of the road as they continue to the cul-de-sac. Direct returning runners onto the cart path, remaining right unless passing a slower runner. (**Cone on Cart Path with left arrow sign Inbound**)(**Cone on Stonewall Jackson with Right Hand Turn Sign Outbound**)

These volunteers may leave after both the Teen Bike sweep and Child Bike sweep have passed.

20. Pro shop (Transition Volunteers, Cones, Dismount Here Sign)

See instructions for Position 4

21. Longstreet at Sheridan (3 Volunteers Left Turn Sign, Right Turn Sign)

Sprint Run (Blue Bibs) – Direct outbound runners towards the Pro Shop and returning runners onto Sheridan.

Setup – After the Sprint Run sweeper has passed outbound toward Stonewall Jackson, setup for the Child Bike course. Deploy barriers (cones or other barriers, as available) diagonally across the Longstreet-Sheridan intersection. (see photo) Make sure you leave room for returning Sprint runners to turn onto Sheridan.

Teen Run (Orange Bibs) – Direct starting runners to turn left onto Sheridan and returning runners to turn right toward the finish line.

Child Race (Black and White Bibs)

Bike – At the Longstreet-Sheridan intersection, direct finishing bikers to the northbound side of the median.

Run – Direct starting runners to turn left onto Sheridan and returning runners to turn right toward the finish line.

These volunteers may leave after all races are complete.



22. Sidewalk at end of Driving Range (1 Volunteer Straight Arrow Sign)

Sprint Runners: Direct runners to continue straight on the walking path towards Stonewall Jackson.

Please return to the transition area once all Sprint runners have passed heading towards Stonewall Jackson.

Fawn Lake Triathlon 2026

Volunteer Information

23. Stonewall Jackson Turnaround (1 Volunteer) Signage and ground markings will direct runners around the cul-de-sac at the end of Stonewall Jackson

24. /34b Sheridan at Seymour (3 Volunteers, cone for marking 34b) (ALSO POSITION 34b 6-11 Black and White Bib turn around)

Sprint Run – (Blue Bibs) Direct runners outbound from the Club to go straight towards Hennigan. Direct runners returning from Hennigan to turn right onto Seymour. Finally, direct runners returning on Seymour to turn right and head back to the Club.

Setup – At 9:30am, one volunteer should move to position 34b and ensure that the Child Run turnaround cone is properly set in the middle of the road. Child runners **(Black and White Bibs)** turn around here, while Teen runners **(Orange Bibs)** continue straight.

Teen and Child Run (Orange Bibs and Black and White Bibs) – Direct runners outbound to continue straight towards Hennigan and runners returning to continue straight towards the Club. As mentioned about, Child runners turn around at position 34b.

These volunteers may leave after both the Teen Run sweep and Child Run sweep have passed.

25. Sheridan at Meade Pointe (3 Volunteers)

Sprint Run – (Blue Bibs) Direct runners outbound from the Club to go straight towards Hennigan. Direct runners returning from Hennigan to turn right onto Meade Pointe. Finally, direct runners returning on Meade Pointe to turn right and head back to the Club.

Teen Run (Orange Bibs) – Direct runners outbound to continue straight towards Hennigan and runners returning to continue straight towards the Club.

These volunteers may leave after the Teen Run sweep has passed.

26. Sheridan at Henegan (3 Volunteers)

Sprint Run – (Blue Bibs) Direct runners outbound from the Club to turn right on Hennigan. Direct runners returning on Hennigan to continue straight to go around the cul de sac at the bottom of Hennigan and then turn right to head back to the Club.

Teen Run (Orange Bibs) – Direct runners outbound from the Club to turn right on Hennigan and runners returning on Hennigan to turn left without continuing around the cul de sac to head back to the Club.

The Water Station is at this position (X Volunteers 1 five gallon cooler Paper Cups Folding Table). Please ensure that NO trash remains near this position.

These volunteers may leave after the Teen Run sweep has passed.

27. /34a. Henigan Cul-de-sac and Teen turnaround (2 Volunteers, Cone for marking Teen turnaround) (ALSO POSITION 34a 10-15 turn around)

Sprint Run – (Blue Bibs) Direct runners to continue around cul de sac and head back towards the Club.

Fawn Lake Triathlon 2026

Volunteer Information

Teen Run (Orange Bibs) – Direct runners to turn around at the cone without continuing to the cul de sac and head back to the Club.

These volunteers may leave after the Teen Run sweep has passed.

28. Meade Pointe Turnaround Sprint Runners Signage and ground markings will direct runners around the loop at the end of Meade Pointe

29. Seymour Lane Turnaround Sprint Runners Signage and ground markings will direct runners around the loop at the end of Seymour Lane

30. Teen and Child Swim starts (Transition Volunteers Staging of Swimmers by wave)

Help swimmers stage for the start per instructions from Timing officials. Once the last swimmer has entered water, proceed to the Transition Area.

This position is released once all races are complete.

31. (a/b) Youth Swim from Pool to Transition

Teen Swim (Orange Bibs) – Direct swimmers to the Sprint and Teen (10-15) Transition area.

Child Swim (Black and White Bibs) – Direct swimmers to Child (6-11) Transition Area.

This position is released once all Child swimmers have entered the Transition Area.

32. Youth Pool (Orange Bibs and Black and White Bibs) exit to Transition Area

Direct swimmers towards the transition area. Note different transition areas.

This position is released once all Child swimmers (Black and White Bibs) have passed.

33. Child (6-11) Transition area entrance

Instruct participants to go to bikes, put on shoes and helmet, walk bike to bike mounting area.

This position is released once all races are complete.

34b. SEE POSITION 24

34a. SEE POSITION 27

35. Youth Race Sweeps (This position requires a bicycle or golf cart) (2 Volunteers, one for the Teen race and one for the Child race)

The primary purpose of this position is to ensure that no participants are left on the course, either due to problems with their bikes or medical issues. You should trail the last participant at a reasonable distance so that you can monitor their progress without interfering with their race. In case of a medical emergency, follow the instructions at the very top of this document to engage the EMTs. For non-emergencies, you can provide minor assistance to the participant, such as helping to put a chain back on or calling a parent, if necessary. If a participant drops out of the race due to a problem, text or call Race Command per the instructions above.

You should watch the Swim waves for your race to determine the last swimmer to exit the pool area. (One year, we had a swimmer exit the pool, then head to the bathroom. We missed that and were surprised that we had one additional participant on the course. So, try to keep track of where everyone goes after exiting the pool.) Follow that swimmer to the Transition Area and

Fawn Lake Triathlon 2026

Volunteer Information

wait for the final participant to begin the Bike leg. Stay behind whoever is the final biker throughout the bike course, and then throughout the run course.

Teen Race (Orange Bibs) – As you pass volunteers on the course, let them know that you are the Teen Sweep. Volunteers on Fawn Lake Parkway or at the marina are released once you pass them on the way back to Longstreet. For the run course, release the volunteers on Hennigan and the water station as you pass on the way back to the finish line.

Child Race (Black and White Bibs) – As you pass volunteers on the course, let them know you are the Child Sweep. Most volunteers on Longstreet, and all of the run course volunteers are released once you and the Teen Sweep have passed.

Volunteer Tasks (Pre and Post Race)

Race Packet Build – 4 Volunteers on Thursday or Friday of Race Week

Packet Pickup – 2

Course Setup – 3 Volunteers Saturday 8/25 @ 5:00

Day of Race Registration and Packet Pickup – 4 Volunteers

Parking Team – Fawn Lake Veterans Group – Peter Wiedemer and Team

Race Security – Patrick Hennessey and Team

Race Medical EMT – SVRS EMT Team

Body Marking – 2 Volunteers

Race Hospitality – 2 Volunteers Includes budget Shopping ahead of time, Will include coffee and donuts for volunteer meeting on race day

Opening Ceremony – 1 Volunteer PA System, Musician or Recording for National Anthem

Award Ceremony – 3 Volunteer PA System

Course Clean Up – 4 Volunteers

National Anthem- tbd

Snacks- snacks will be provided 3 volunteers.

Public Announcer- 1 volunteer with FLVG sound system

Photo Team- 3 volunteers