

Fawn Lake Triathlon 2025

Volunteer Information

General Instructions for Course Marshals and Volunteers

Safety: Safety is our #1 Priority. Please inform cars that approach, that the race is underway. Additionally, unsafe practices by any competitor will result in removal from the race-course as well as disqualification. This is especially important during the biking portion. If you see a competitor acting unsafely record the competitor number and report it to Jeff Kramer

General Instructions

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

Adult Swim: 7:30 – 8:00
Adult Bike 7:40 – 9:15
Adult Run 8:15 – 10:00

10-15 Swim: 9:45 – 10:00
10-15 Bike 9:50 – 10:45
10-15 Run 10:15 – 11:00

6-11 Swim: 10:00 – 10:25
6-11 Bike 10:05 – 10:50
6-11 Run 10:15 – 11:00

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

Anecdotal Information

Bib Assignments

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

Bibs 501 – 650 are Orange and used in the 10-15 Race

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

Longstreet Traffic – Longstreet from Honor Bridge to Stonewall Jackson will be coned. All Vehicle traffic will be on Right Outside. All Bike Traffic will be on Left Inside

EMS Contact Kristen Badget is the point of contact for Spotsy EMS

Contact Number - 757-763-9664

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 adult race is ongoing. Please plan accordingly.

Attached is a map with your location shown and specific instructions for each leg of the race you for which you are responsible. Most of you cover multiple legs and races. However, a few will need to change location during 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 trail golf cart has passed your location.

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Spotsy EMS (Kristen Badget **757 763-9664**) will be on site to handle any medical issue. If you need to report an issue or an injury on the course and cannot reach EMS call one of the following numbers. Syd Mapp (770)500-2038, Jeff Kramer (540)623-3033, Sharon Kramer (321)917-6301.

If you have any questions as to your duties, please contact one of the volunteer coordinators. (Mary Parsons, Syd Mapp, Bill Parsons or Jeff Kramer). 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!

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Volunteer Stations and Instructions

1. Adult 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)

Adult Swim/Bike transition = Monitor bikers to assure they do not mount their bikes until designated area (push bikes in transition area – no riding). Direct bikers up the right side of Longstreet.

Adult Run – (**Blue Bibs**) direct runners to start up the left side of Longstreet Dr. towards Sheridan.

Youth 11-15 (Orange Bibs)

Bike: Direct bikers to start up the right side of Longstreet

Run: Direct runners to start on the left side of Longstreet

Youth 6-11 (Black and White Bibs)

Bike: Direct bikers to start up the right side of Longstreet

Run: Direct runners to start on the left side of Longstreet

Position finished at conclusion of ALL Ages

3. Adult Bike Start/ Finish (Included in above count All 3 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

Before U turn on Longstreet – direct bikers to prepare for dangerous turn and proceed with second lap as Bikers finish – ensure bikers dismount before entering (**Bike Mount and Dismount Signage posted**) Transition area.

Adult Run - direct runners to the cart path at the Pro Shop entrance towards Sheridan.

Youth 10-15 (Transition Area Same as Sprint Race)

Bike: Deploy 7' barriers in a row pushing bikers to right side of median at pro shop.

Run: Direct runners to turn left onto Sheridan.

Youth 6-11 (Transition Area on Longstreet opposite Finish line area)

Bike: Deploy 7' barriers in a row pushing bikers to right side of median at pro shop.

Run: Direct runners to turn left onto Sheridan.

Position Finished at the conclusion of ALL Ages

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

Position Finished at the conclusion of ALL Ages

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

All bike races – direct bikers to stay on Longstreet. Manage traffic from Stonewall Jackson Inbound and Outbound bikers.

Assist with controlling vehicular traffic

These volunteers may leave after last Black and white bib biker 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

Adult Bike – (Blue Bibs) Direct bikers to turn right onto Fawn Lake Parkway towards Marina

Youth 10 -15 Bike – (Orange Bibs) Direct bikers to turn right onto Fawn Lake Parkway towards Marina

Youth 6-11 Bike – (Black and White Bibs) Direct bikers to stay straight on Longstreet
Monitor traffic on FLP and Longstreet

These volunteers may leave after last Black and white bib biker has passed.

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

Blue and Orange Bib only Bikers - Direct bikers to continue on Fawn Lake Parkway towards Marina, monitor traffic from Burnside. Triathlon vehicular traffic parked on Stonewall Jackson and Burnside place will be directed to leave by turning left from Burnside onto Fawn Lake Parkway the Right on Longstreet (Cars on Right Bikes on Left Inside)

These volunteers may leave after last Orange bib biker has passed.

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

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

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

Blue and Orange Bib Bikers Only - Direct bikers to continue on Fawn Lake Parkway towards Marina monitor traffic from Kirkland.

These volunteers may leave after last Orange bib biker has passed.

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

Blue and Orange Bib Bikers Only - Direct bikers to stay straight and remain on right side of the road as they continue into the marina

Control Marina traffic

These volunteers may leave after last Orange bib biker has passed.

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

Blue and Orange Bib Bikers Only - Direct bikers to SLOW DOWN and continue counterclockwise to exit Marina

These volunteers may leave after last Orange bib Biker has passed.

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

Blue and Orange Bib Bikers Only – Direct bikers to turn right onto Longstreet towards front entrance

Youth 6-11 Bike (WHITE BIBS) – Direct bikers to stay straight on Longstreet

Monitor traffic on FLP and Longstreet, Vehicles on Right toward Main Gate

These volunteers may leave after last Black and White bib biker has passed.

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

All Bike Races (ALL AGES) – Direct bikers to continue straight on Longstreet, monitor traffic on Cedar Creek

These volunteers may leave after last Black and White bib biker has passed

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

All Bike Races (ALL AGES) – Direct bikers to continue straight on Longstreet, monitor traffic on Cedar Creek

These volunteers may leave after last Black and White bib biker has passed

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

All Bike Races – Direct bikers to continue straight on Longstreet, Monitor traffic on Beamer/ Pickleball Courts

These volunteers may leave after last Black and White bib biker has passed

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

All Bike Races – Direct bikers to continue straight on Longstreet, Monitor traffic on Beamer/ Pickleball

These volunteers may leave after last Black and White bib biker has passed

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 (Inbound and Outbound Traffic on Longstreet is coned from this point. Cars on Right Bikers on Left)

All Bike Races (ALL AGES)

Monitor for Cars (slow them down with flag) and warn bike riders of upcoming U Turn. Direct bikes to continue South on Longstreet.

These volunteers may leave after last Black and White bib biker has passed

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

All Bikers : Direct to stay on Longstreet

These volunteers may leave after last Black and White bib biker has passed

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

All Bikers : Direct to stay on Longstreet

Adult Runners – Direct runners from walking path to turn left onto Stonewall Jackson, crossing to the right (**Note: Two way Runners**) of Stonewall Jackson and remaining on the right side of the road as they continue to the cul-de-sac. (Outbound) On return from the Stonewall Jackson cul-de-sac direct runners to turn right onto cart path and remain on the right side of the cart path. (**Note: Two way Runners**) (Inbound) (**Cone on Cart Path with left arrow sign Inbound**)(**Cone on Stonewall Jackson with Right Hand Turn Sign Outbound**)

These volunteers may leave after last Black and White bib biker has passed

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

Adult Bike (Blue Bibs) : Bike lap 1: Direct Bikers to SLOW down for U turn and begin lap 2.

Bike Finish after Lap 2: Dismount and proceed to transition area.

Youth 10- 15 Bike(Orange Bibs): All Bikers turn left into Transition Area

Youth 6-11 Bike: (Black and White Bibs) All Bikers turn left into Transition Area

Position Finished at the conclusion of ALL Ages

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

Adult Run: (Blue Bibs)

b) Inbound from Cart path - Direct runners to turn right onto Sheridan

c) Inbound from Sheridan - Direct runners to turn right onto Longstreet headed to finish on right (inbound) side of Longstreet

Youth 6-11 Bikers (Black and White Bibs)

A) As bikers Exit the Pool they will mount their bikes in the designated area and continue on the right side (Outbound) of Longstreet.

B) Conclusion of 6-11 Bike portion: When the bikers are returning at the end of the bike portion, they will be on the left side (Inbound) of Longstreet. As bikers approach the intersection of Longstreet and Sheridan, volunteers will direct bikers to slow down to prepare to dismount. Bikers will cross to the **OUTBOUND** side of Longstreet. Once they have entered the transition area, bikers will dismount their bikes and walk their bikes to their assigned transition area.

All Runners – NO BIKERS WILL GO DOWN THE INBOUND SIDE OF LONGSTREET PAST THIS INTERSECTION

a) At beginning of run: Runners will exit the transition area and head up the **INBOUND** side of Longstreet. Direct runners to turn left onto Sheridan and stay on the right side of Sheridan.

b) End of run: Direct runners to turn right onto Longstreet and continue on the

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There is a significant amount of traffic at this intersection. Keep your head on the swivel. Athletes have the right of way always, ask for assistance from other transition area volunteers if necessary.

Position Finished at the conclusion of ALL Ages

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

All Runners: Direct runners to continue straight on walking path

Please return to transition area once all adult runners has passed.

Position Finished at the conclusion of ALL Ages

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)

Adult Run Detail - (Blue Bibs) 5K Route Runners pass Seymour turn Right on Hennigan. Go to cul-de-sac on upper Hennigan then back down Hennigan to lower cul-de-sac. Then Right turn back onto Sheridan at Water Station. Continue on Sheridan then Right Turn onto Meade Point. Meade Point to cul-de-sac. Back to Sheridan. Right turn on Seymour to cul-de-sac. Then Right turn back onto Sheridan. Finally Right Turn on Longstreet to finish.

Seymour Instructions - (Blue Bibs) 1st Pass stay straight on Sheridan. 2nd Pass turn Right on Seymour, 3rd Pass Turn Right on Sheridan

10-15 Run Detail (Orange Bibs) – Runners will pass this location 2 times. 1st pass will be as runners approach from the direction of Longstreet they will make a right on Hennigan to head to the turnaround point on Hennigan. 2nd pass will be after runners have turned around and will make a left onto Sheridan heading towards Longstreet. Note: Orange Bibs do not follow Hennigan to either Cul-de-sac. Cone turnaround at top. Left at Water Station back onto Sheridan

Seymour Instructions – (Orange Bibs) 2 Passes both stay on Sheridan (Out and Back)

6-11 Run Detail (Black and White BIBS) Runners will pass this location 2 times. Both stay on Sheridan

Seymour Instructions (Black and White BIBS) – Volunteers at this position will be split into two positions as soon as the last 10-15 **Orange Bib** year old runner passes 1 Volunteer will move to position 34b and place the cone on the pre-determined position for 6-11 **(Black and white Bibs)** year old turn around point

This position is complete once the last Black and White Bib runner has passed

25. Sheridan at Meade Pointe (3 Volunteers)

Adult Run (Blue Bibs)– Runners will pass this location 3 times. 1st pass will be as runners are approaching from Longstreet. 2ND pass will be as runners approach from the direction of Hennigan they will take a right onto Meade Point and continue to the end of Meade Point and

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follow signage and ground markings around the loop. **There should be cones marking the “eyebrow” section of Meade on the right hand side before the loop, runners do not go into the “eyebrow” section.** 3RD pass will be as runners approach from the end of Meade they will take another right and continue on Sheridan towards Longstreet.

10-15 Run (Orange Bibs) – Runners will pass this location twice. 1st pass will be on their way toward the turn around point on Hennigan, 2nd pass will be after runners have reached the turn around point, runners will continue past this location on Sheridan towards Longstreet. Youth runners **will not** enter cul-de-sac

This position is free to leave when last 10-15 year old runners have passed.

26. Sheridan at Hennigan (3 Volunteers)

Runners (Blue Bibs Only) – Runners will pass this location 3 times. 1st pass will be as runners are approaching from Longstreet they turn right and follow signage to the upper Cul-de-sac at the end of Hennigan. 2ND pass will be as runners approach from the turn around point at the upper end of Hennigan, they will continue straight in the direction of the lower Cul-de-sac then up to water station at Sheridan intersection. Turn Right and water station.

Runners (Orange Bibs Only) – Runners will pass this location 2 times. 1st pass will be as runners are approaching from Longstreet they turn right and follow signage to the cone placement on Hennigan (Approximately 100 yds from Cul-de-sac) 2ND pass will be as runners approach from the turn around cone at the upper end of Hennigan, they will continue straight and make a Left onto Sheridan at Water Station Note: Orange Bibs do not go to lower Cul-de-sac.

Once all 10-15 year old runners have passed, this position is released.

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

Adult Run- Turn Around Point, direct runners in a counterclockwise fashion.

Once the last adult passes the turn around point, position 27 collapses. Volunteers move forward to position 34a and place the cone on the pre-determined position for the 10-15 year old turn around point.

10-15 Run (BLUE BIBS) - Turn Around Point, direct runners in a counterclockwise fashion.

Once all 10-15 year old runners have passed, this position is released.

Water Station at Sheridan and Hennigan Intersection (X Volunteers 1 five gallon cooler Paper Cups Folding Table) All runners Blue and Orange Bibs turn at water station. For Blue bibs it is a Right Turn from lower Cul-de-sac. For Orange Bibs it is a Left from Upper Hennigan. **Please ensure that NO trash remains near this position**

This position is finished at the conclusion of the 10-15 year old run

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

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

30. Youth swim starts (Transition Volunteers Staging of Swimmers by age)

Help swimmers stage for the start per instructions from Timing officials

Once last swimmer has entered water proceed to Transition Area.

This position is released once all races are complete.

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

- a) **(Orange Bibs)** Direct swimmers to transition area Note: Same as Sprint Transition Transition
- b) **(Black and White Bibs)** Direct Swimmers to 6-11 Transition Area. Bikes parked on Outbound lane of Longstreet opposite Finish Line

This position is released once all 6-11 year old swimmers have passed.

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 6-11 year old swimmers have passed.

33. Youth transition area entrance

Instruct youth 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

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- Lexi Tosh

Snacks- snacks will be provided 3 volunteers.

Public Announcer- 1 volunteer with FLVG sound system

Photo Team- 3 volunteers