



## VOLUNTEER INFORMATION BEAT THE HEAT 2023

Thank you for volunteering to help out with the Cook Medical Beat the Heat events this year! Everything is in place to make this another fantastic event. We expect over 800 participants for the races. Thankfully, we also have a great crew of volunteers signed up to help!

Please note that the **2023 races will start and finish at the Winston-Salem Fairgrounds**. Participant and volunteer parking will be available for free in the LJV Coliseum Parking lot. Enter the fairgrounds from the Coliseum lot through the Main Entrance (Northwest Gate). ***Please note that another event is going on at the coliseum during the afternoon which could affect parking access prior to 5:00pm. We will direct you to an alternative parking location if this becomes problematic.*** You can find out more about the race and course maps on the race website: [bth5k.org](http://bth5k.org).

### GENERAL VOLUNTEER GUIDELINES

- Please concentrate on helping the runners. If at any time during your assignment you find that you have a problem, notify your Volunteer Captain immediately. **Our primary responsibilities are to keep runners safe and to provide them an enjoyable race experience.**
- Dress casually and for warm or wet weather! Please wear your TCTC Volunteer T-Shirt if you have one. See below for more info on t-shirts. Wear comfortable shoes.
- As a Race Volunteer, please be prepared to answer many types of questions. Prior to the start of the event, please familiarize yourself with the area that you have been assigned, along with course maps, registration area, restroom locations, etc.
- ***If you find that you have idle time during your volunteer assignment, or have finished your assignment, please help out in another volunteer role.***

### ARRIVAL

All volunteers are asked to check in at the Twin City Track Club Tent if your assignment is at the Fairground or at the intersection of Shorefair Drive and Reynolds Blvd if you have an On Course Assignment. You will receive your food/drink wristband and t-shirt if applicable (see below).

### VOLUNTEER T-SHIRTS

We have a few TCTC Volunteer t-shirts available as loaners for those who do not have one. Check in at the Volunteer tent for availability. Cook Medical Volunteers and other partner organization volunteers are encouraged to wear shirts that are branded with your respective organization if you have one.





## VOLUNTEER INFORMATION BEAT THE HEAT 2023

*Please report to your Volunteer Captain after checking in for additional direction.*

Volunteer Role	Volunteer Captain
Race Director	Er Ralston
On Course Water Station/Cheer Team	Maddie Stambaugh
Packet Pickup/Race Day Registration Team	Cathy Ralston
Race Timing Team	Chris Cutler/ Terry Wilmoth
Finish Line/Midway Team	Bill Gibbs
Race Course and Race Operations Team	Bill Walker
Awards Team	Gini Piekarski/Teresa Inman
Race Coordinator – One Mile and Elite Races	Brant Armentrout
Bicycle Monitor Team	Mack Roebuck
Finish Line Water Station Team	Tony Kummer
Food/Beverage Team	Marlena Westcott/ Tricia Thompson
Beer Team	Jan Hugosson/ Keith Miller
Sustainability	George Oliver
MC/Announcer	David Daggett
TCTC Tent	Bethany Fields/ Jill Reich

- If you are unsure of your assignment, please ask.
- For anyone who said they can help with morning set-up, please arrive at 8:00am. We hope to complete major set up tasks by 11:00am on Saturday.
- If you finish up your assignment and can help out somewhere else, then check with the TCTC tent or another Volunteer Captain for a new assignment.
- We ask all volunteers to stick around after the race to put away equipment and clean up the site. We expect to be done by 10:00pm unless we are delayed by the weather.

### RACE DAY SCHEDULE

06:30 AM - Course Preview Run with Race Director

08:00 AM - Morning Set Up

11:00 AM - Break

03:00 PM - Afternoon Setup

05:00 PM - Packet Pickup Opens

06:00 PM - 1 Mile Youth Race and Fun Run Start

06:15 PM - 5K Walk Start

06:30 PM - Beat the Heat 5K Start

07:30 PM - Elite 5K Start

08:00 PM - Awards Ceremony

10:00 PM - Finish Breakdown





## **VOLUNTEER INFORMATION BEAT THE HEAT 2023**

### **EMERGENCY INFO**

- The Winston-Salem Police Department will be stationed along the 5K route for traffic control and safety.
- Volunteers will be stationed near the race finish for any persons in need of medical assistance.
- Contact your Volunteer Coordinator or the Race Director in the event of any emergency situation that arises during the event. Call 911 first if appropriate.

### **BAD WEATHER POLICY**

In the event of bad weather, a decision to postpone or cancel will be made by the Event Director. Volunteers should help to secure and equipment and supplies, as directed by volunteer coordinators. The first priority should be to ensure the safety of yourself and event participants. If necessary, seek shelter in a vehicle or building in the area. We have the capability to send out a text message alert to race participants if necessary.

### **RESTROOMS**

Runners, volunteers and spectators will have access to indoor restroom facilities with entrances near the Education Building main entrance.

### **VOLUNTEER BENEFITS**

- All volunteers will have access to the race day food and refreshments. You will need to show your orange wristband or volunteer t-shirt when entering the food and drink areas.
- By volunteering at Beat the Heat, you are building credit towards the TCTC Volunteer Appreciation event(s). Check [www.twincitytc.org](http://www.twincitytc.org) for more info.

### **FINISH LINE**

- If an athlete is not feeling well, please call for nearby medical professionals to assist.
- A water station will be set up in the finish chute.
- Runners should be encouraged to exit the finish chute promptly and proceed to the food and drink refreshment area.
- As runners begin to cross the finish line, volunteers should assist with controlling spectators from encroaching the race course or interfering with the runners.
- During the multi-lap Elite/USATF 5K Championship race, please assist in keep spectators from crossing any section of the race course.

### **FOOD AND REFRESHMENTS**





## VOLUNTEER INFORMATION BEAT THE HEAT 2023

Upon finishing the 1 mile and 5K races, registered participants will be provided with complimentary food and beverage items. These items will be positioned near the finish line. Please note that these goodies are for registered participants, volunteers, sponsors and guests who have purchased a Food/Drink ticket. Guest Tickets may be purchased in advance or on site at the race. Access to beer and other alcoholic beverages in the refreshment area will be strictly monitored to ensure that only persons who are 21 or older possess or consume alcoholic beverages. People will be asked for a picture ID to verify their age if there is any doubt. Volunteers assigned to this area are responsible for set-up, distribution of assigned products and cleaning up prior to leaving.

### RACE CLEAN UP AND SUSTAINABILITY

***We ask all volunteers who are able to stay later to help with breakdown and clean up after the event. The more people we have, the quicker it goes.*** If you are unsure how to help, then ask someone. We will be diligent about minimizing trash and will recycle disposed items where possible. Any trash must be put away into trash bags, including any that is found laying on the ground. Track club equipment must be stored back on our trailers. Fairgrounds borrowed tables and chairs must be folded up and left in central locations.

### USED SHOE COLLECTION

We will have collection bins at the race to collect your gently worn, used running shoes.

### OTHER RACE INFORMATION

Refer to the Race web page for other information about the race. Go to [bth5k.org](http://bth5k.org).

### TWIN CITY TRACK CLUB INFO

The Twin City Track Club is a non-profit organization dedicated to promoting running and fitness in the Winston-Salem, North Carolina area. Our members are a cross-section of the community, representing runners and walkers of all abilities. Over our thirty year history, we have used a number of methods to achieve our goals. We have group activities to promote the social aspects of running, we bring in nationally known speakers to educate and inspire, and we assist other organizations with their organized running events. We are Winston-Salem's oldest running club and one of the largest clubs in North Carolina. [Learn more here!](#)





## VOLUNTEER INFORMATION BEAT THE HEAT 2023

### CHARITY PARTNERS

This is the 8th year for the [Beat the Heat Charity Partner Program](#). We are delighted to provide this program as a way to further support our mission to promote fitness and health, and improve the quality of life for individuals and families. A portion of the event proceeds will towards each of these non-profit charities. Many race participants contributed directly to the Charity Partners at the time of event registration, further increasing the charitable contributions. Our Charity Partners described below.

[Ainsley's Angels in the Triad](#) takes people off the sidelines to over the finish line. Through endurance events and road races just like Beat the Heat, the organization promotes teamwork, fitness, and inclusion by pairing an able-bodied runner with a special needs athlete rider. When an angel runner lends their legs and is pulled by one of our angel riders in a race, they give the rider the ability to participate in something previously thought impossible. Funds awarded will be used towards the purchase of specialized racing chairs to service our rapidly expanding athlete rider base. More racing chairs gives us the ability to reach and serve more families, and 100% of money awarded through this partnership will stay local to impact our Triad riders.

[Community Care Center for Forsyth County, Inc.](#) has a mission "to provide access to compassionate, high-quality healthcare services to the medically uninsured and underserved who reside in Forsyth, Stokes and Davie Counties and meet the financial eligibility guidelines of Community Care Center." Our guidelines allow us to serve those with household incomes at or below 200% of the Federal Poverty Level and are not covered under Medicare, Medicaid, employer-based insurance, or private health insurance. In addition to primary health care, we provide behavioral health, dental health, medications, and selected specialty care on-site at our clinic. We have relationships which allow us to refer patients to other providers for care we do not provide. Most of our patients have one or more chronic diseases. Approximately 40 percent of our patients have diabetes and 40 percent have high blood pressure.

With your help, we will make this **THE BEST RACE EXPERIENCE** possible for our participants. Thanks for your help!

Er Ralston  
Event Director, Beat the Heat  
Twin City Track Club

