

## Spring Fling Duathlon Volunteer Guide

Thank you for volunteering! Your role in this event is so important; we literally could not do it without you. Please search for your name below for more information.

If you have any questions, please contact the race director, Ray at (559) 352-1208 or [ray@activitynut.me](mailto:ray@activitynut.me).

**\*\* draft \*\***

Please review this document prior to the event as assignment information may change.

**It's absolutely critical that we know ahead of time if you are not going to make it. We will not be able to check emails, etc. the day before the event as we will be out setting up. Thanks!**

Course Marshals	
	<ul style="list-style-type: none"><li>• <b>Part Safety Officer:</b> Our first priority is to provide a safe course for our runners. Course Marshalls are positioned throughout the course usually at intersections and are responsible for directing runners at turns. Marshalls can leave when the sweep bike comes by to tell you that last runner has come through.</li><li>• <b>Keeping Riders and Runners on Course:</b> As soon as you see a runner, begin to signal with your hands and your voice which direction or turn they are supposed to make. Often runners get in a zone and need plenty of advance warning to know which way to head. A leg captain on a bike will pass by your location prior to the runners to verify all volunteers are in place. They will be able to tell you which direction or turn the runners are going to make at your location. If all else fails, point runners in the direction of the lead bike which will pass you just before the runners come by your post.</li><li>• <b>Part Traffic Cop:</b> Course marshals are positioned at intersections that are blocked for traffic and at driveways. Responsible for keeping cars off the course and maintaining a safe environment for runners.</li><li>• <b>Part Cheerleader:</b> Cheer the bikers and runners on –Get up, get excited, and keep them moving. Be creative, bring a radio to play music, wear a funny hat – you'll be part of the inspiration that keeps the runners moving. Do not tell runners they are almost there no matter where you are on the course. Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!"</li></ul>

### Notes:

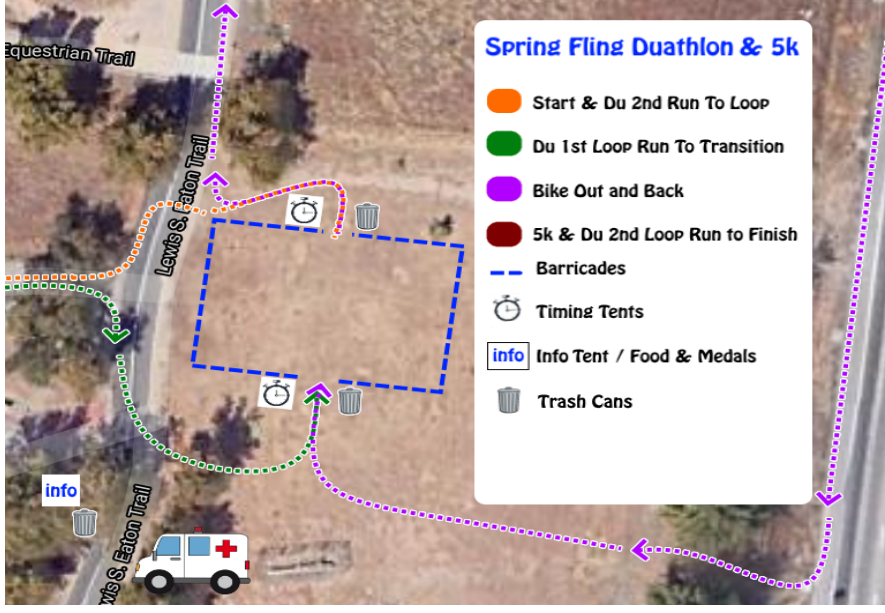
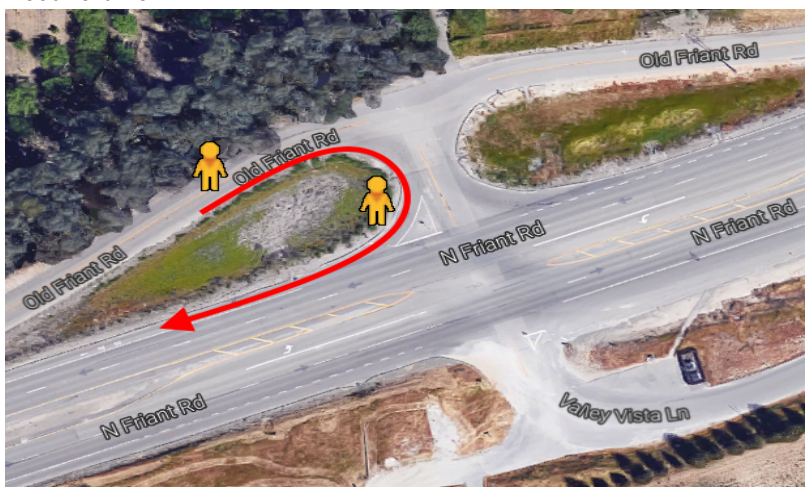
**Please be at your location early enough to get situated. A sweep vehicle will come by when the last athlete passes and you can leave. Be sure you know where you are going the day before you go.**


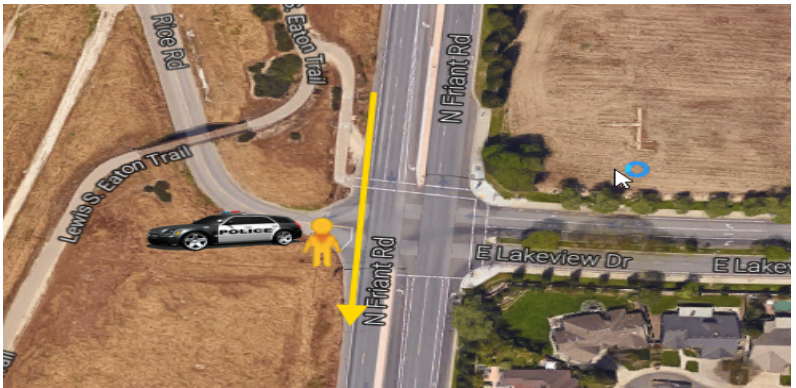

**Course Marshals**  
**Thank you for volunteering!**

Your job is to manage the designated location and point participants in the correct directions. Many locations will also have police, but it is your job to make sure the athletes go the correct direction on the course. Make sure you wear your orange safety vest and use a flag if you're given one.



Even though your instructions say to guide the runners/bikers, please make cars aware of the event if they are driving on the course near your position.

Note: A sweep escort will come by when the last biker passes and you can leave. Be sure you know where you are going the day before you arrive.

Bike Course Marshall Locations			
#	Locations and Person	#	Instructions
1	<p>Transition Exit</p> <p><b>Leanne Le Mon</b> <b>Kiri Howo-Lewis</b> <b>Mia Monopoli</b> <b>Needs Safety Vest</b></p>	3	<p>1) Direct Cyclists to Mount at the "Mount Line"</p> <p>2) Runners turn left, then right toward cow loop</p> <p>3) Duathlon runner returning from 1st run turn right</p> 
2	<p>Old Friant Road &amp; Friant Road</p> <p><b>Alex Garcia</b> <b>Need Vest</b> <b>Need Stop/Slow Sign</b></p> <p>If we have an extra person send them here</p>	2	<p>Have cyclists slow down and keep to the right as they turn and head back towards Woodward Park</p> 

<p>3</p> <p>Friant-South of Copper</p> <p><i>Check in at Volunteer booth by 7:30am. Pick up vest and megaphone</i></p> <p>Arrive at location by 7:30 Vest and Megaphone Will be dropped off.</p> <p>Check-in by text (559) 352-1208</p> <p><b>David Adams</b> <b>Need Vest</b> <b>Need Megaphone</b></p>	<p>1</p> <p>Remind cyclists to turn right on their first pass, and go straight on their second pass. There should be two mounted signs. Hold a third sign while giving directions.</p> 
<p>4</p> <p>Friant-Rice Rd</p> <p><b>Need Vests</b></p> <p>Arrive at location by 7:30 Vest will be dropped off.</p> <p>Check-in by text (559) 352-1208</p> <p>Traffic does not stop for bikes. Make sure bikes know when it is safe to cross.</p> <p><b>Richard Cook</b> <b>Stay on Rice Rd/Friant</b></p> <p><b>If we get a second person They can go up on the trail to keep cyclists from turning right.</b></p>	<p>2</p> <p>Text Race Director and identify yourself and position at Friant-Rice Rd when you arrive. (559) 352-1208</p>  <p>If we have a second volunteer, one should walk from Friant up to the trail. Make sure cyclists proceed North on the trail and do not try to turn right.</p> 



5	<p>Friant = Ft. Washington</p> <p><b>8am at location</b></p> <p><b>Cynthia Valerto &amp; Friend</b></p> <p><b>Need Vests &amp; Stop Signs</b></p>	2	<p>(1) Have cyclists slow down and</p> <p>(2) "DISMOUNT" as they turn into the transition from Friant</p> 
<b>Run Course Marshall Locations</b>			
<b>#</b>	<b>Locations and Person</b>	<b>#</b>	<b>Instructions</b>
6	<p>Down to Cow Loop</p> <p>Runners stay on paved trail</p> <p><b>Lily Cisneros</b></p> <p><b>Safety Vest</b></p>	2	
7	<p>Returning from aid station</p> <p>Take dirt trail by trailer park, signs and cones will mark the turn</p> <p><b>Steve Gardea</b></p> <p><b>Safety Vest</b></p>		
8	<p>Aid Station</p> <p><b>Andrew Gonzales</b></p> <p><b>Crystal Garcia</b></p> <p><b>Safety Vests</b></p>	2	<p>Aid Station is located in the Cow Loop at the south end of the bridge.</p> <p><b>See Aid Station Instructions on separate page</b></p> <p>Place half full cups of water on the table for runners to take</p> <p><b>Direct Traffic:</b></p> <ul style="list-style-type: none"> <li>• Duathlon Run turns around at the aid station,</li> <li>• 5K continues on a 1 mile loop</li> </ul> <p>First 27 people will be doing the Duathlon, They all need to turn around at the aid station</p> <p>Next 40 people will be starting 10 minutes later, and will need to continue across the bridge and run the loop.</p> <p>Over 20-30 minutes later, Duathlon runners will start to come through for the second time. Make sure duathlon runners turn around at the aid station</p>



### **Aid Stations - Andrew Gonzales, Crystal Garcia**

- Meet at volunteer booth at 7:00am near the start line
- Use one gallon bottle to fill cups of water (HALF FULL)
- Begin to place cups of water on the table at 8:00.
- Start with 10 cups, keep 10 cups on the table until 8:30, then reduce to 5 cups on the table
- Do not hand water to runners, let runners grab it if they want it.
- Keep trash picked up
- **DO NOT PUT ANY TRASH IN THE AID STATION BOX**
- At the end of shift, please collect & tie off trash, wipe off and fold table.
- Re-pack aid station box.
- Do not collapse tents.

### **Transition Area - Bradys Garcia, Meredith Alexander, Krystal Alexander, Conrad Reimer**

- Meet at volunteer booth at 6:45am near the start line
- Make sure only participants are in the transition area.
- **Bikes can only exit from the North**
- Assist Transition Timing.
- Ensure that helmets are buckled.
- Smile and Cheer.

### **Packet Pickup - John Marquez, Saul Pacheco Elorza**

- Report to Janice at Packet Pickup at 6:30 for instructions

### **Finish Line Water/Medals - Ramon Jones, Tiara Jones**

- Report to Janice at Packet Pickup at for instructions

### **Food Prep/Service - Larry Marquez**

- Report to Janice at Packet Pickup at for instructions

### **General Help -**

- Check in at the volunteer booth by 7:00am near the start line
- Be prepared to fill in as needed

**USA TRIATHLON VOLUNTEER CONSENT, RELEASE & WAIVER OF LIABILITY (VW102804)**

In consideration of being permitted to assist / volunteer at the Shaver Lake Triathlon on September 18, 2016, I hereby agree as follows:

1. I volunteer to assist in the activities related to the Event. I understand that my assisting / volunteering may involve risk of physical injury to me or others, or damage to my property, or other consequences, which might result from my own actions, in actions of negligence and/or the actions, inactions or negligence of others, the rules of the Event, condition of the premises, weather conditions, or condition of any of the equipment used in the Event. There may also be other risks not known or not reasonably foreseeable.

2. On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, and anyone else who might sue on my behalf, I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE USAT, all Event sponsors, Event producers, Event staff, administrators, officials, contractors, vendors, and organizers (including race directors), athletes, all other persons or entities involved with an Event, states, cities, towns, and other governmental bodies and locations in which an Event or portions of an Event takes place, and the officers, directors, employees, agents, insurers, other participants and representatives of all of the above (collectively, the "Released Parties"), from any and all claims, causes of action, damages, losses (economic and non-economic), and liabilities of every kind (collectively "Claims"), for death, personal injury, or property damage, which may arise out of, result from, or relate to my assistance/participation in, or my traveling to or from, any USAT sanctioned Event, including but not limited to any Claims for theft, damage to any equipment, negligence, partial or permanent disability, Claims relating to the provision of first aid, medical care, medical treatment, or medical decisions (at an Event site or elsewhere), and any Claims for medical or hospital expenses.

3. I assume any and all risks for injury to person or property, or any other consequence arising out of my assisting in, participating in, or volunteering in the Event, including travel en route to and from the Event. I HEREBY WAIVE AND RELEASE MY LEGAL RIGHTS TO SUE FOR ANY INJURY OR OTHER DAMAGE ARISING OUT OF OR RESULTING FROM MY VOLUNTEERING.

4. I FURTHER COVENANT and AGREE NOT TO SUE any of the Released Parties for any of the Claims that I have waived, released, or discharged herein. I AGREE TO INDEMNIFY and HOLD HARMLESS the Released Parties from any and all expenses incurred, Claims made, or liabilities assessed against them, including but not limited to attorney's' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, my breach or failure to abide by any part of this Waiver Agreement, and my actions or inactions which cause injury or damage to any other person.

5. I acknowledge and agree to allow my photograph, likeness and/or voice to appear in any documentary, promotional (including advertisements), television, radio or film coverage of the Event without compensation or further notice, and I agree to assign all copyright or other interests therein to USA Triathlon.

6. The parent or legal guardian who signs the Waiver Agreement on behalf of a minor, incapacitated and/or mentally challenged person (hereinafter "Said Person"), hereby acknowledges that he or she has the legal capacity and authority to act on behalf of Said Person to legally bind Said Person to the Waiver Agreement. The parent or legal guardian who signs the Waiver Agreement agrees to indemnify and hold harmless the Released Parties for any expenses incurred, Claims made, or liabilities assessed against them, as a result of any insufficiency of legal capacity or authority to act on behalf of Said Person in the execution of the Waiver Agreement.

7. If any provision of this Waiver Agreement shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver Agreement and shall not affect the validity and enforceability of any remaining provisions.

DATE: \_\_\_\_\_

[illegible]