

2025 W4M Parking Cars - Art Lichtenberger

Greeting Women 4 Miler Parking Volunteers!

Thank you so much for volunteering, the race could not happen without your help!

There are Nine (A thru I) critical **Sites/Tasks** to getting the cars parked. We have a Lead-Parker assigned to each site/task who will organize their team. However, we won't figure out which team you are on until Saturday morning (you might even be switched from one team to another as the morning unfolds !

SO PLEASE read this parking-overview document before the race to gain both a big picture perspective as well as an understanding of parking tasks/challenges involved at each site/task

Big Picture Information:

• Our Arrival (parking volunteers)

- Please arrive **before 5:30 am**, Saturday August 31st.
- **Bring a flashlight** (we start parking cars in the dark)! ... Best to wear a light-colored shirt.
- Turn off Garth Road onto Foxfield Track (Rd), go through the gate and **(this year) go past the cinder-path**, eventually taking a right onto the field. and then turning back to park near the cinder-path (volunteers will direct this parking)
- ***If you are willing to come out earlier (by 5:00am) to help park the parking-volunteers, please let me know. THANK YOU***
- After parking, please wait until the next car parks before getting out of your car. Congregate in the green space between the cinder-path and Garth Rd.

• Firm but Pleasant

- Runner's cars typically arrive between 6:00 - 7:30 (when Garth shuts down). **We have a lot of cars to park in a short amount of time!**
- Our goal is to keep the cars moving! Cars are not supposed to stop to let runners out.
- **We need to be firm and avoid getting into (extended) conversations with drivers. On the other hand, we are ambassadors for the event, so please remain calm and courteous!**
- There are always a handful of cars who insist on leaving after dropping folks off . We try to accommodate them, though the logistics can be complicated, especially if they are coming from the west on Garth Rd. Get these cars on the grass, off the east side of Foxfield Track (Rd), heading back to Garth. We often need to hold-up these leaving-cars at different stages along the way.

• After Parking the Race Goers

- Post parking duties, there are two additional race-volunteer jobs that you can help with.
- And if you have something left in the tank, I could use 6-8 volunteers to help get the parked cars out of Foxfield. The police generally allow us to start this (~ 8:45+) once the runners are all back from the Charlottesville leg of the race - ***please join me then!***
- Cars are at first only allowed to leaving heading east until the police open the road both ways (at which time we open a 2nd gate opening). This can happen as early as 9:30, but it can be as late as 10:00.

Cars from Whitehall

Garth Road

Cars from Cville

BIG PICTURE PARKING LAYOUT



Cars from Whitehall

Garth Road

Cars from Cville

Park the *Parking-Volunteers*

Please observe the no-car gap of ~30' between the inner gap-cones.

Volunteers gather here

Gravel Path

Gate

A Park the *Parking-Volunteers* volunteer

Disabled Parking

First Volunteer Car

Need this opening/path for the eventual public West-Hill parking (ie, volunteer cars can not park too far west or it will close off this path).

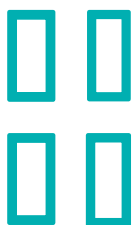
The early volunteers are to guide the parking of the other volunteers

Foxfield Track Rd

This year we are not using the Gravel Path to park volunteer cars. They will drive past the Gravel Path and then loop around.

The first-row parks near the edge of the Gravel Path, and starts a bit west of Foxfield Track Rd, to provide space for disabled parking.

This year we will be parking public cars on the West Hill. Therefore, we can not park volunteer-parking too far west in the first row-couplet.



In General

~ 3 ft between car-rows is needed in order to have enough space between sets of dbl-car rows (for cars to get out)



3-4 ft (close) lateral spacing is needed in order to fit all the cars

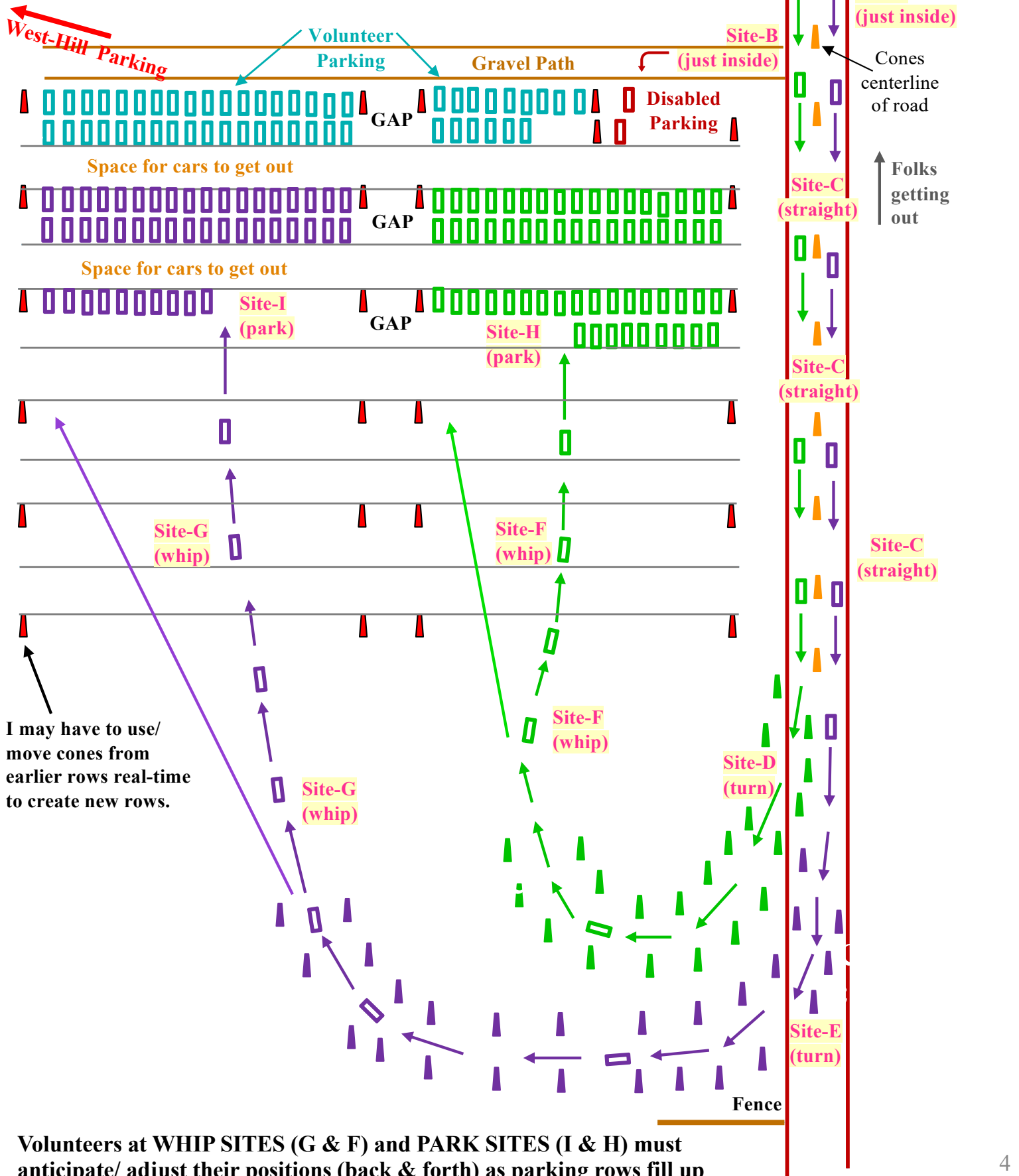
Cars from Whitehall

Garth Road

Site-A
(entrance)

Cars from Cville

IDEALIZED PARKING LAYOUT



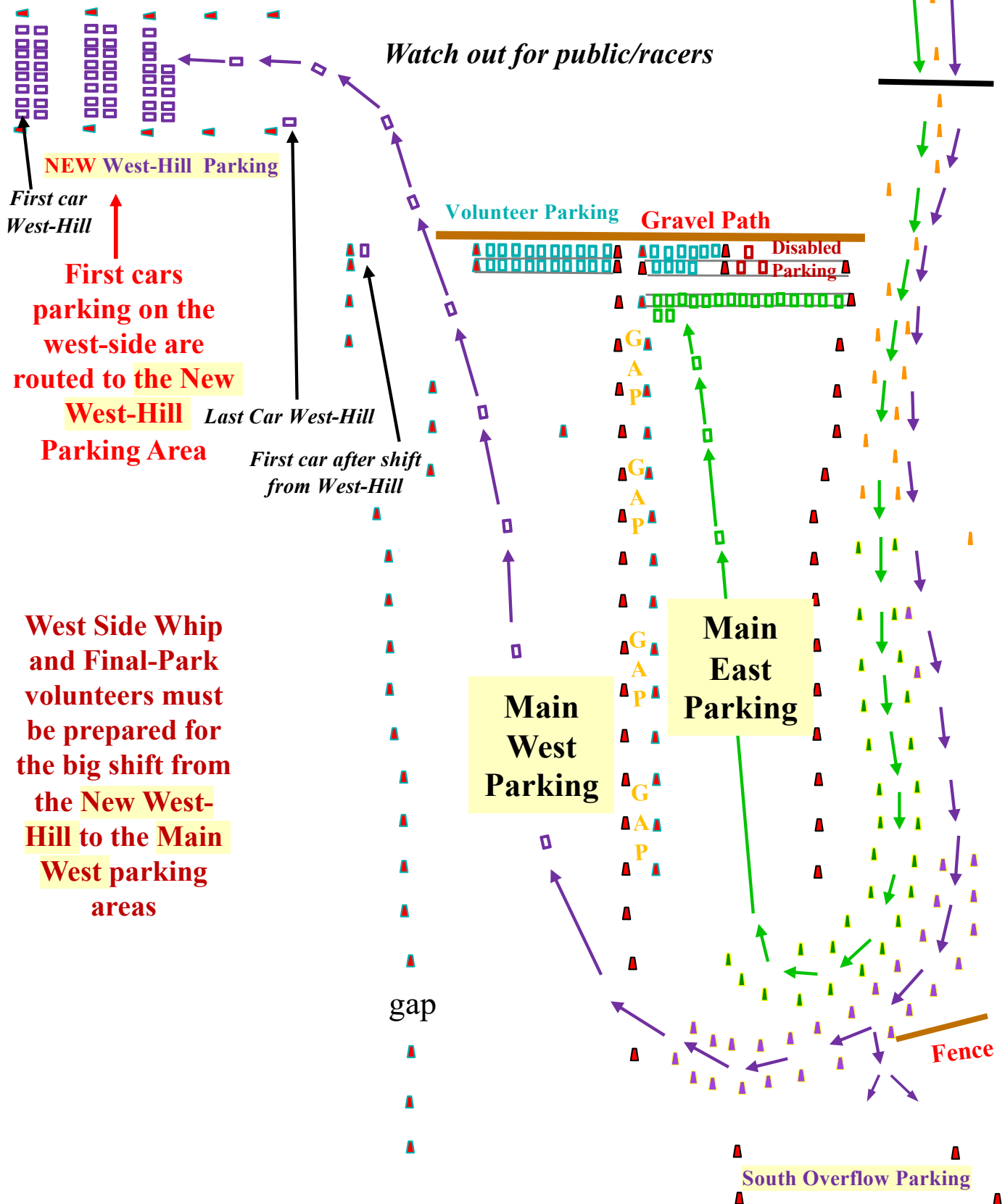
Volunteers at WHIP SITES (G & F) and PARK SITES (I & H) must anticipate/ adjust their positions (back & forth) as parking rows fill up

Whitehall Cars

Garth Road

Cville Cars

INITIAL PARKING OF PUBLIC

Watch out for public/racers

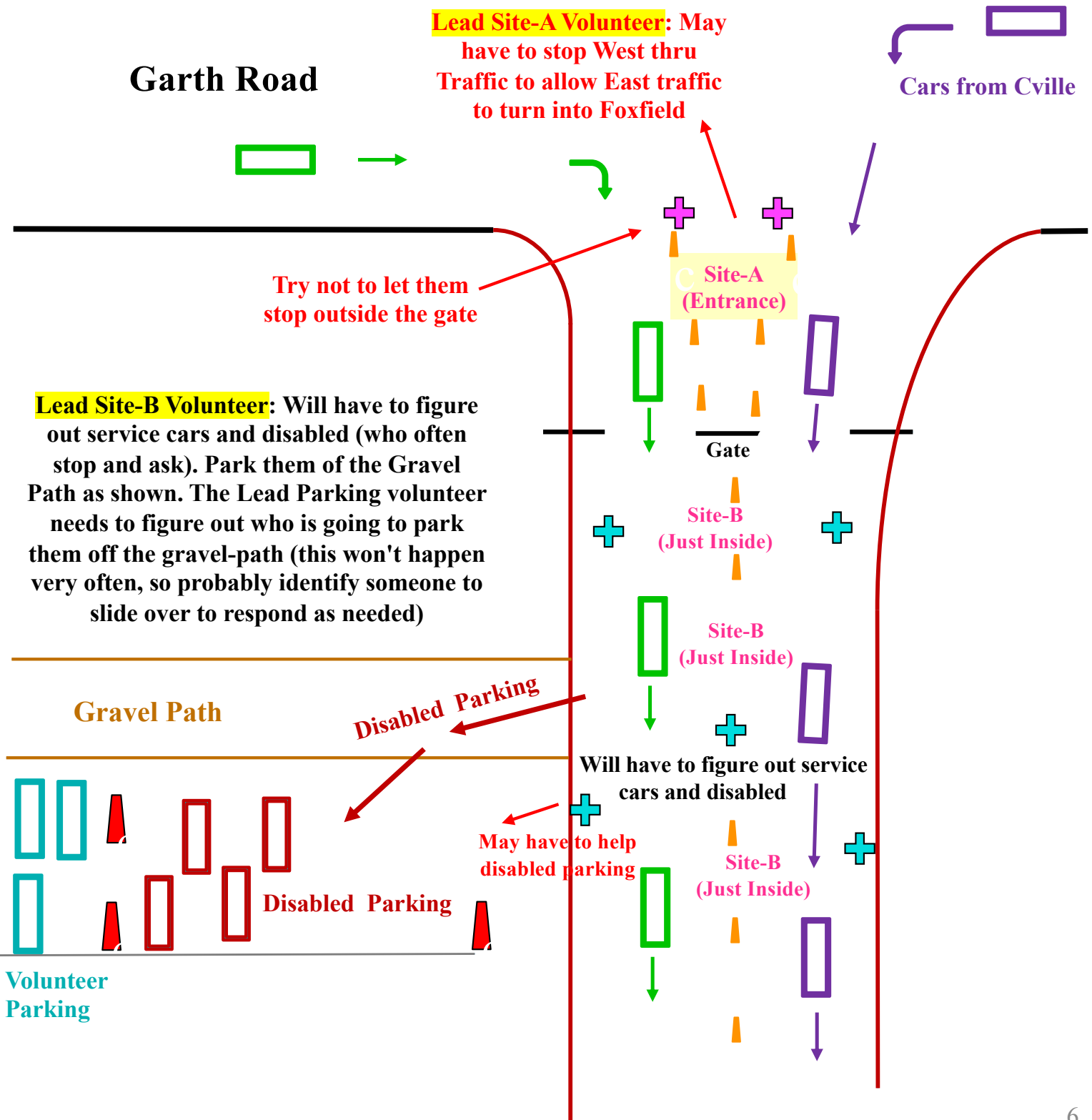
Site-A Entrance Volunteers & Site-B Just Inside Volunteers

✚ Suggested volunteer placement

✚ Suggested volunteer placement

Site Volunteers need to teach their crew their roles

Cars from Whitehall



Site-C Grass & Road Straight Away Volunteers

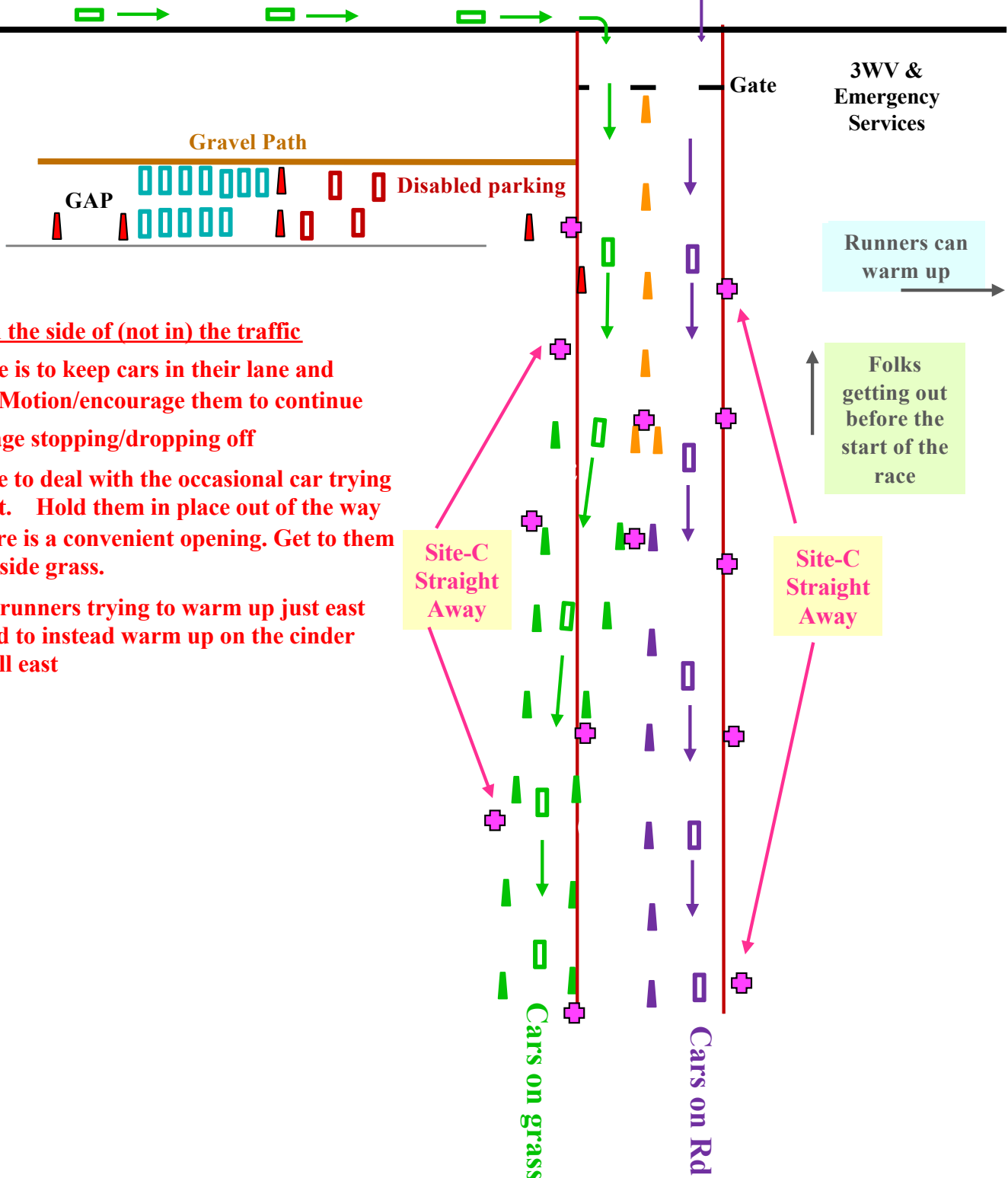
✚ Suggested volunteer placement

Site Volunteers need to teach their crew their roles

Cars from Whitehall)

Garth Road

Cars from Cville



- Stand on the side of (not in) the traffic
- Objective is to keep cars in their lane and moving. Motion/encourage them to continue
- Discourage stopping/dropping off
- Will have to deal with the occasional car trying to get out. Hold them in place out of the way until there is a convenient opening. Get to them the East side grass.
- Tell any runners trying to warm up just east Garth Rd to instead warm up on the cinder track well east

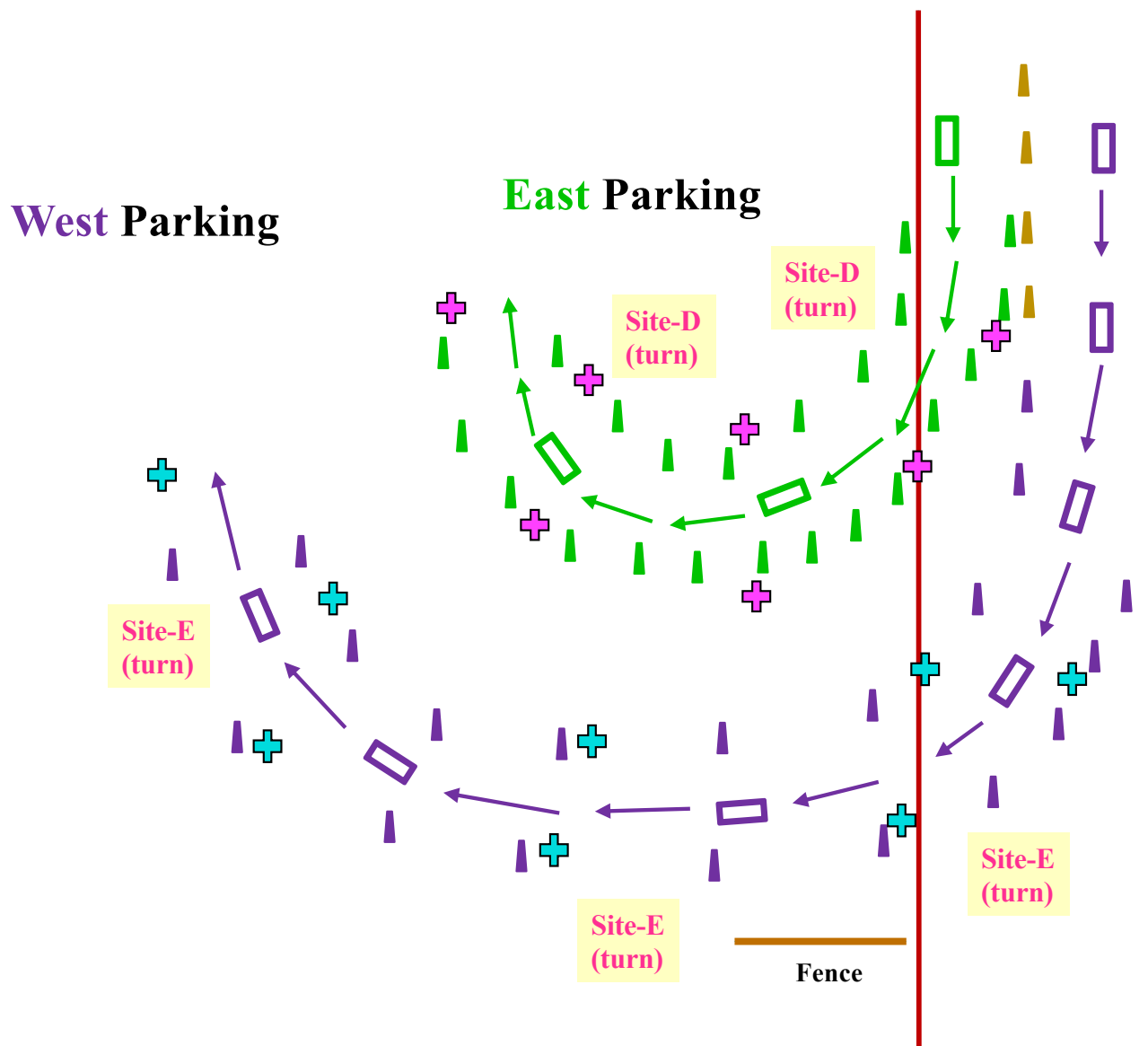
Site-E West Turn Volunteers & Site-D East Turn Volunteers

+ Typical volunteer placement

+ Typical volunteer placement

Site Volunteers need to teach their crew their roles

- Stand outside of the cone-path
- Objective is to turn the cars while keeping them in their lane and moving
- Getting them to start turning (without slowing way down) is typically the biggest challenge
- Motion/encourage them to continue (some car-drivers will be confused!)
- Discourage them from stopping
- Adjust cone placement as needed for better flow
- Talk to / interface with the Lead Site F & G Whip volunteers wrt the handoff of cars to them

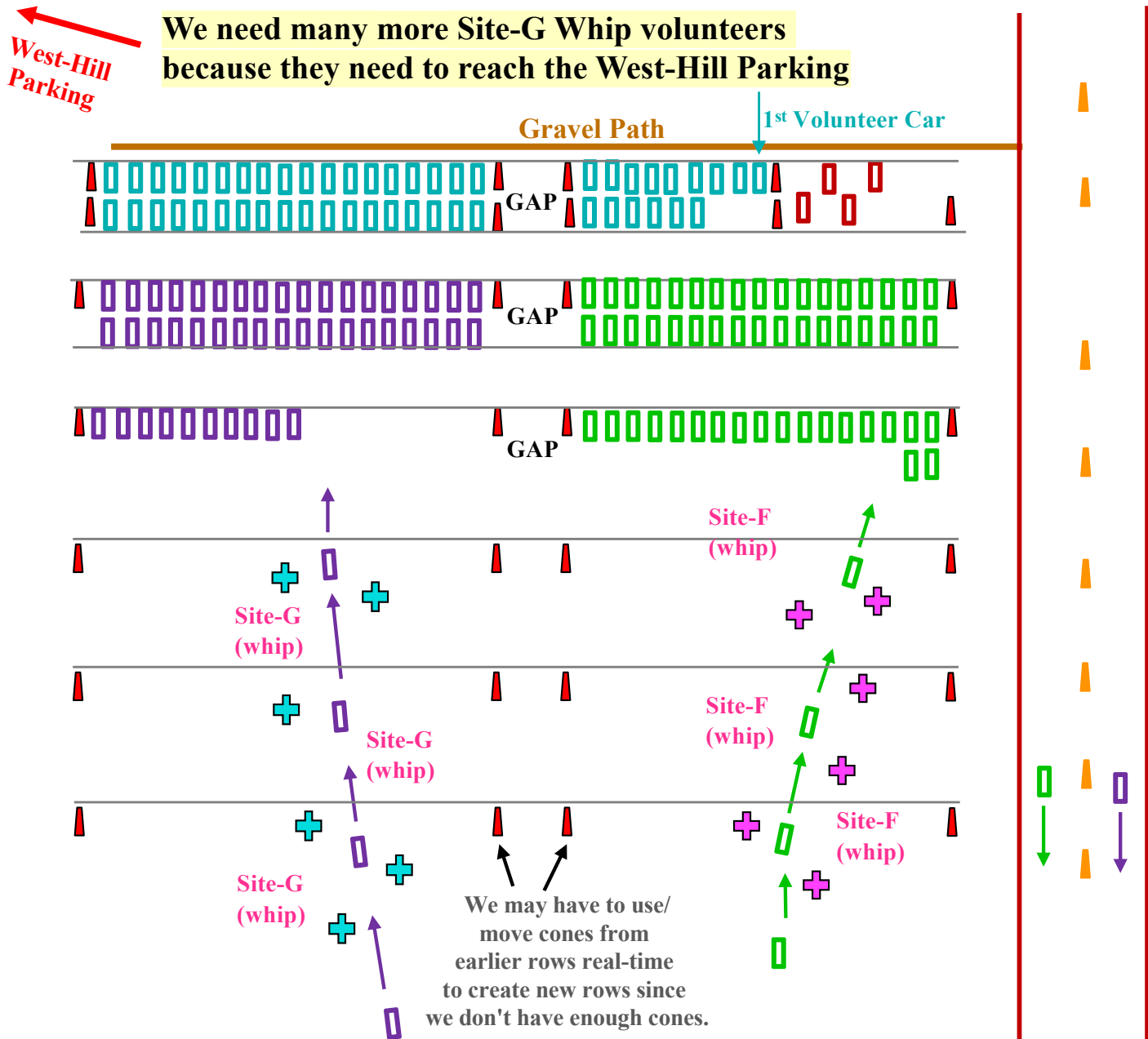


Site-G West-Side Whip Volunteers & Site-F East-Side Whip Volunteers

⊕ Suggested volunteer placement

⊕ Suggested volunteer placement

Site Volunteers need to teach their crew their roles



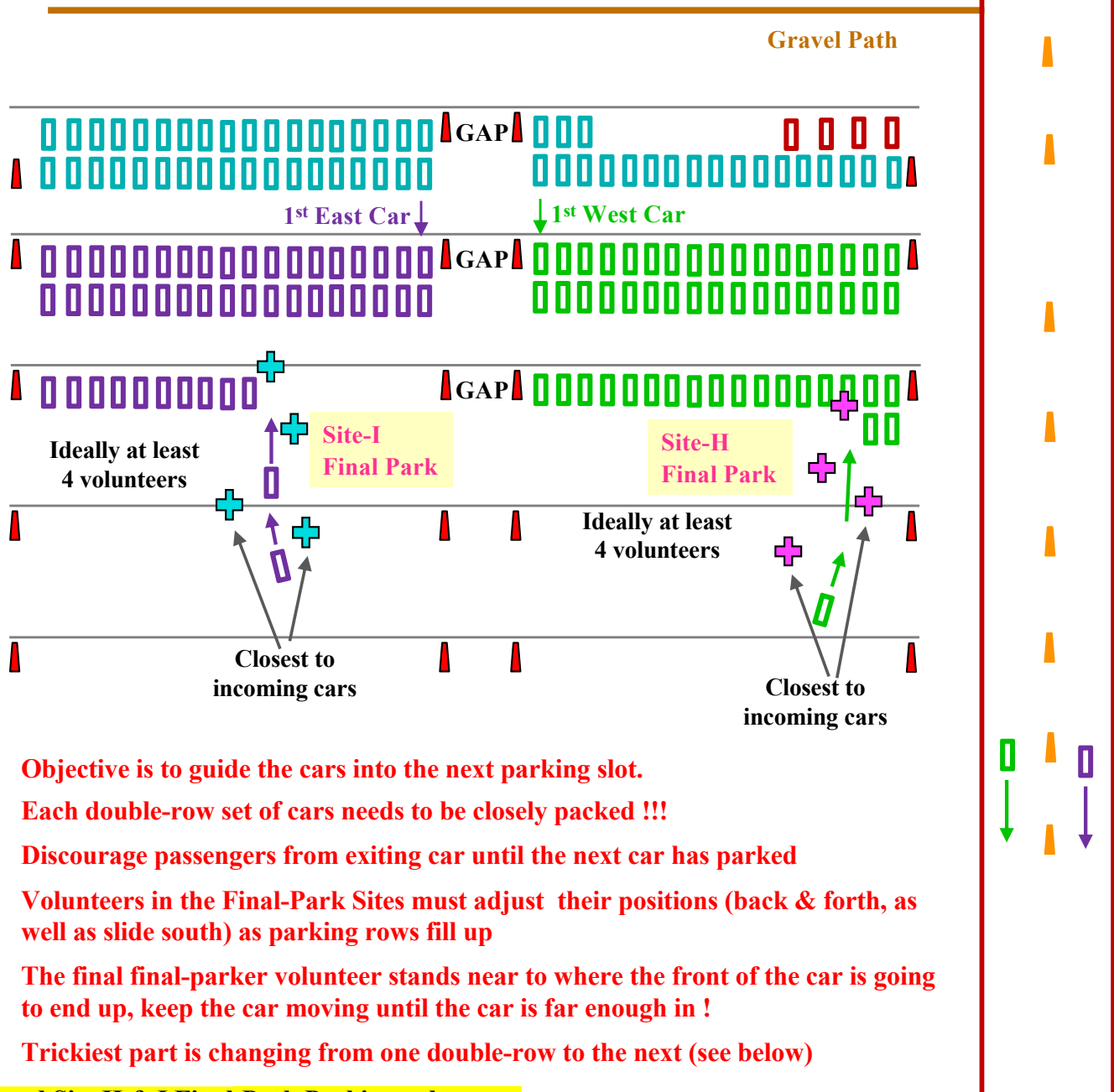
- Objective is to guide the cars towards the next parking slot (and the H & I volunteers)
- Volunteers in the WHIP SITES must ANTICIPATE and ACTIVELY adjust their positions ("whip" back & forth, as well as slide south) as parking rows fill up!
- At the beginning, you have ~ 650 feet to cover !
- IPlease practice the 'whip' motion a few times before public-cars arrive
- Please have a conversation with the Lead Site H & I Final-Park volunteers on how you-all are going to hand off cars to them
- Help solve problems

Site-I West Final-Park Volunteers & Site-H East Final-Park Volunteers

✚ Suggested volunteer placement

✚ Suggested volunteer placement

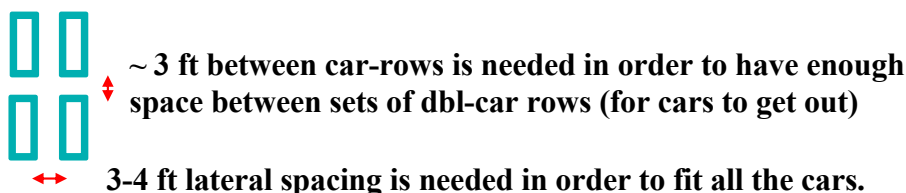
Site Volunteers need to teach their crew their roles



- Objective is to guide the cars into the next parking slot.
- Each double-row set of cars needs to be closely packed !!!
- Discourage passengers from exiting car until the next car has parked
- Volunteers in the Final-Park Sites must adjust their positions (back & forth, as well as slide south) as parking rows fill up
- The final final-parker volunteer stands near to where the front of the car is going to end up, keep the car moving until the car is far enough in !
- Trickiest part is changing from one double-row to the next (see below)

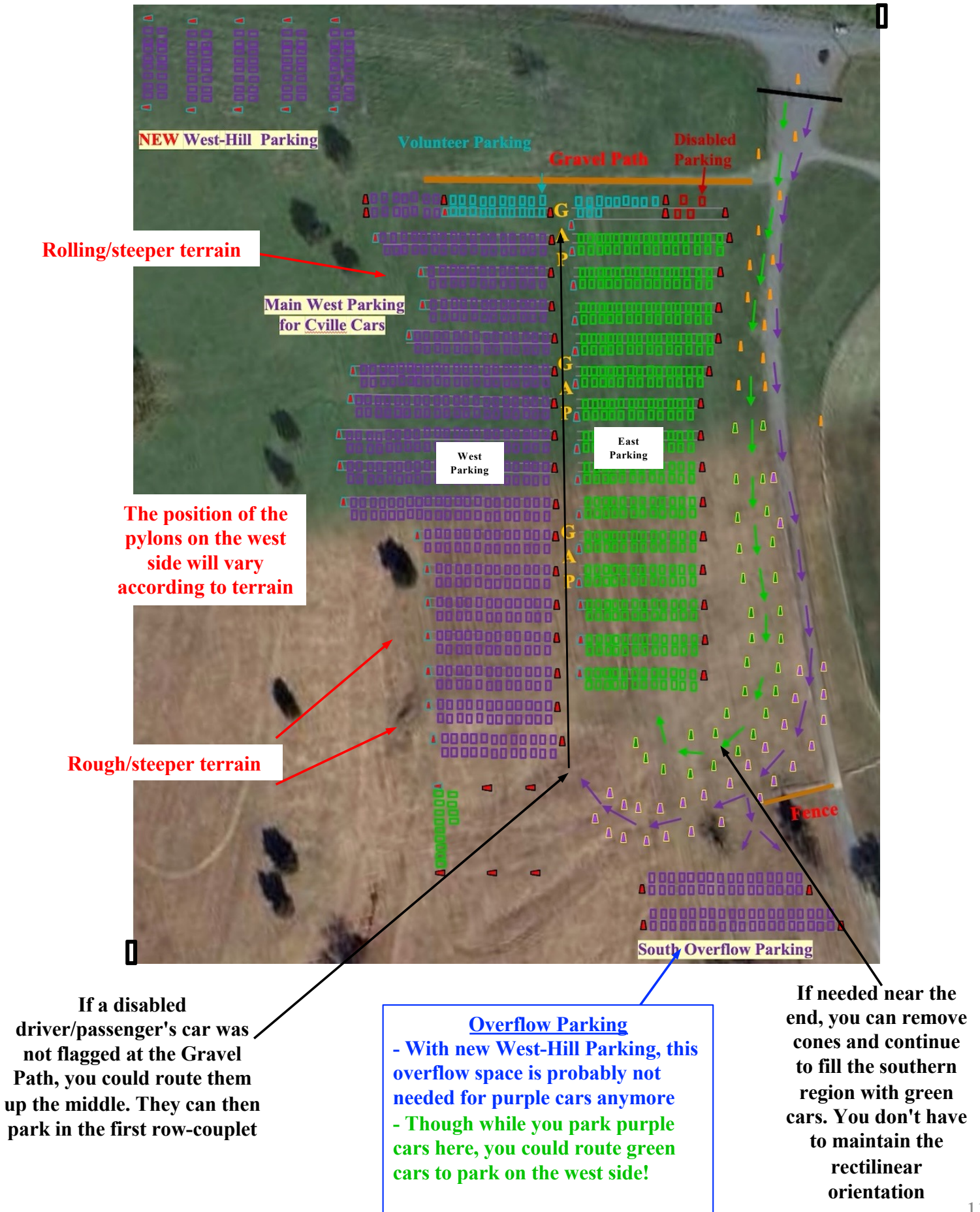
Lead Site H & I Final-Park Parking volunteers

- The biggest challenge is changing from one double-row to the next. As the 2nd row fills up, the volunteers closest to the incoming cars become the final parkers, and the other volunteer(s) jogs south to become the "closest to incoming cars"
- Please have a conversation with the Lead Site H & I Park volunteers on how you-all are going to handle the change from one double-row to the next !
- Do your best to pack the cars closely together (see below)



MORE INFO

Typically: **west-parking** ~ 65% and **east-parking** ~ 35% &



STAGING - Parker's Job #2

- At **7:45** report to Audrey & team who will hand out the pink pace group flagging/ribbons. They will explain what to do from there.
- After, go Help Jack and Arthur with the caution tape (see the below Job #3)

CAUTION-TAPE GUIDE – Parker's Job #3

- At **7:50** report to Jack & Arthur near the Hanger, north side of Garth Rd
- Each of you will end up holding onto a section of the Caution-Tape, standing just off the north side of Garth Rd (spectators need to be behind the caution-tape). We usually start the tape around the Hanger, east of the Foxfield entrance.
- Roll out the tape before the start of the race, and space the volunteers out along Garth heading east. Feel free to add new volunteers from the spectators.
- Keep the tape taut, yet realize a large spacing between volunteers so that we run out of tape before we run out of volunteers
- Soon after the lead runner passes the last person (furthest east) on the end of our caution-tape, that person (with tape) moves to the middle of the road. And the other volunteers follow from east to west, guiding the east bound runs to the right side of the road, so that the west bound return runners have half the road to run on.

