



# **BADGERS RACING VOLUNTEER GUIDE**

**Sunday August 20, 2023**

**Autumn Lake Triathlon  
Relay / Aquabike / Duathlon / Aquathon / 5K**

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**WELCOME** to the 2023 Williamstown Badgers Triathlon/Duathlon/Aquabike/Aquathon/5K!

Thank you for being a part of this year's event! We are very excited to provide the athletes with a unique, fun, and safe race experience. Please use this guide for event information and to help answer frequently asked questions for this year's race. We are really excited about your decision to volunteer with us, and hope you enjoy the experience.

When you arrive for your shift, please check in at the Volunteer Table at Autumn Lake Winery (870 W Malaga Road, Williamstown NJ 08094). Following Parking Signs for the race, and walk down the hill – we will be close to the lake. See below for “Your Volunteer Briefing.”

We will hold the event rain or shine. This guide contains the information you will need to have a successful volunteer experience. Course maps are included in this document. Please read this guide in its entirety. If you still have questions, you can contact us at [BadgersTri@gmail.com](mailto:BadgersTri@gmail.com). See you on race day!!

**KEY CONTACT NUMBERS:**

Make sure to save the following Contact Numbers into your phone. Your Team Leader or your Volunteer Coordinator should ALWAYS be your first point of contact, unless there is an emergency.

- Lou Burgese, Race Director: 609.706.8079
- Emmeline Renshaw, Swim Lead/Race Safety Officer: 856.404.2625
- Dan Seifring, Run Lead: 609.220.5086
- Bryan McCauley, Bike Lead: 609.440.0242
- Denise Burgese, Volunteer Coordinator: 610.800.3997

In an emergency, please call 9-1-1 first and then call Lou (RD). Know your location and the athlete's condition and also their race #. Please CALL ONLY and do not leave a voicemail at any time; if you get voicemail just hang up and dial again right away – repeat until someone answers.

NOTE: There is a lot going on at an event, and we might not hear a \*ping\* of a text or vm. Please do not leave a social media message either, as we are busy with race duties and will not be checking social media. Remember to CALL ONLY!

**YOUR VOLUNTEER BRIEFING:**

Please understand that this event is taking place rain or shine, and bring any items to help you be comfortable (coffee, hat, sunscreen, snacks, etc.). Dress in layers and wear comfortable shoes. We expect that you arrive a few minutes before your shift start time to get checked in and to gather any items to assist you with your task, i.e. flags, reflective vest, directions to your location/intersection, etc.

If you have volunteered with us in the past, please wear your previous year's volunteer t-shirt (they are the same as this year). If you don't have a volunteer shirt, please wear something very bright and comfortable!

## **SCHEDULE OF EVENTS**

Sunday, August 20, 2023 – Autumn Lake Winery, 870 W Malaga Road, Williamstown, NJ 08094

- 5:30am– Parking Opens
- 5:45am – Transition Opens
- 5:45am – 6:45am – Check-in, Packet Pick-Up, Timing Chip Pick-Up adjacent to the lake. Check-in for those doing the 5K will be available until 7:50am.(Please park, walk down the hill towards the transition, and check in at the volunteer picnic table within the very large white tent)
- 6:30am – 7:10am – Warm-up Swim Available (we highly encourage all triathlon and aquabike/aquathon athletes to take advantage of the warm-up swim to get used to the water and loosen up your muscles)
- 7:15am – Transition Closes
- 7:15am – Pre-Race Meeting
- 7:25am – National Anthem
- 7:30am – Triathlon, Duathlon, Aquabike, Aquathon Races Start
- 8:00am – 5K Race Starts
- 9:30am – Awards
- 10:00am – Clean-Up

**FAQs: SWIM** (Distance = 0.4 mile swim)

### **How do the athletes line up?**

The athletes will self-seed at the start queue of the swim. Faster athletes go first and the less speedy athletes will proceed along after. If an athlete would prefer to move further up or further back to start sooner/later, they are permitted to do so.

### **How does the swim start?**

The athletes will have seeded themselves at the start queue. The athletes will enter the water one or two at a time; this will be directed by Race Staff/Swim Lead. Their race time will start once they have crossed the start line timing mat as they progress into the water.

### **Where can athletes leave their glasses?**

There is a volunteer at the swim exit where athletes can leave their glasses, ready for collection when they finish the swim.

**Do athletes have to wear a swim cap? Will there be spares?**

Yes – swim caps are mandatory in open water and will be provided for this race. There will be spares at the registration area. Swim buoys or other flotation aids are NOT permitted for use during the race.

**FAQs: BIKE** (Distance = 13 mile bike)

**Is there a cut-off time for the bike?**

There is not a cut-off time for the bike. Roads are open during the event, but there are police officers at key intersections.

**Will there be mechanical assistance for athletes' bikes?**

There will be a SAG (support) vehicle for assistance, although athletes should be prepared to fix their own mechanical issues during the bike portion of the event.

**What do athletes do with litter when on the Bike Course?**

Athletes should be collecting/keeping their litter to discard after the event in an appropriate receptacle back at transition area.

**FAQs: RUN** (Distance = 3.1 mile run)

**Can athletes have people run through the finish line with them?**

Yes, family or friends can join in and cross the finish line with their athlete. Relay teams are encouraged to run through the finish line with one another.

**Is there a water station on the Run Course?**

Yes – there is a water station on the run course that athletes will pass twice.

**FAQs: TRANSITION**

Athletes will be arriving well before the race begins. Transition closes before the race begins, at 7:15am. Relay team members will be permitted to enter transition to wait for their relay athlete where their teammate's gear is arranged.

To help ensure safety, and in accordance with USA Triathlon rules...**NO HEADPHONES PERMITTED** for anyone during the event. This includes during the swim, during the bike, during the run, and also while volunteering.

**NOTE: ONLY ATHLETES/VOLUNTEERS/RACE CREW** are permitted in transition: No dogs/pets, no significant others/spouses/friends/children. This is for safety reasons! They can wait outside transition for their athlete. This includes before, during and after the race.

## FAQs: RESULTS

### When will athletes see their results?

Results will be available by scanning the QR codes posted once the race begins and the first finisher crosses the finish line.

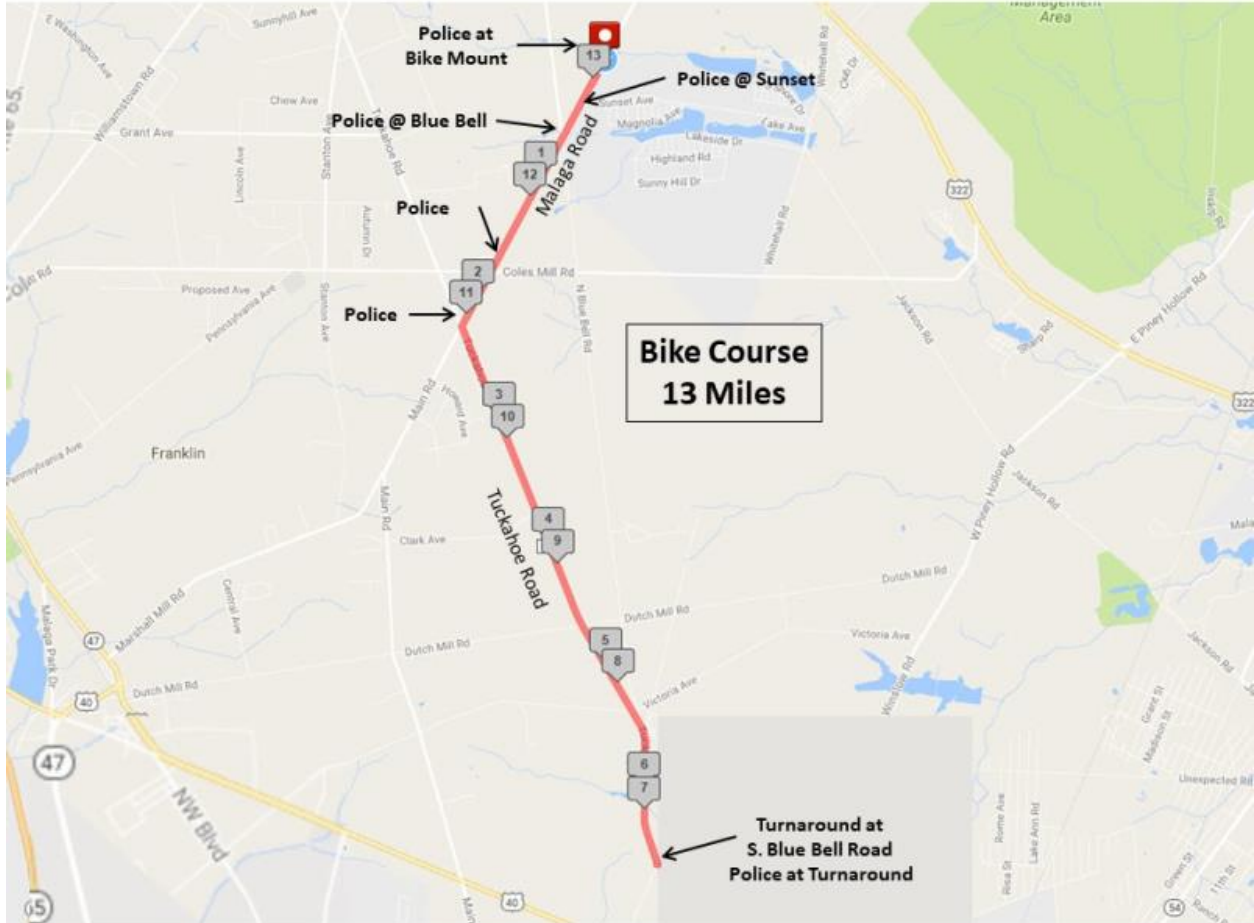
### SWIM COURSE – 0.4 Mile

(START at Green Circles. END at Red Circles. Swim Clockwise.)



**BIKE COURSE – 13 Miles**

(START and END at Bike Mount/Dismount location on Malaga Road. Athletes will be running bike from transition to/from mount/dismount line.)



**RUN COURSE – 3.1 Miles (5K)**



**DUATHLON 1st RUN COURSE – 2 Miles**





## **YOUR PERSONAL CHECKLIST as a VOLUNTEER**

To ensure an enjoyable volunteering experience, please consider the following. Please note that sun and heat/humidity is forecast this weekend. There is always the chance of pop-up showers. We will be hanging out after clean-up to enjoy some wine – you are welcome to join us!

### CHECKLIST:

- Enough food/water to last your shift
- Fully charged mobile phone and portable charger (if you have one)
- Appropriate clothing for the weather and predicted weather including comfortable shoes- be prepared for a sudden change in weather!
- Suntan lotion, hat, sunglasses, and umbrella

## **MEDICAL**

First thing to remember - do not panic!

- Do not give first aid unless you are trained and confident to do so.
- Protect the injured athlete from further injury, or other athletes from falling over them.
- Do not move the injured athlete if there is any indication of neck or back injury; otherwise, move them to a safe location (where they can easily be removed)
- Call for help – Course Lead, Volunteer Coordinator, or nearby medical staff.
- Stay with the injured athlete until help arrives, while reassuring them.
- If you cannot directly contact the course Team Lead or Volunteer Coordinator via their mobile numbers, please use word of mouth or body language to draw the attention of someone nearby to assist. Please **DO NOT USE SOCIAL MEDIA TO CONTACT THE RACE CREW**, as we will be fully engaged with the athletes. Make a note of the numbers on page 3 and **CALL**. Thank you for understanding.

## **ADDITIONAL INFORMATION**

We truly appreciate you for spending your free time to volunteer with us! The Williamstown Badgers Tri Club are truly an amazing group, and we are so happy you are sharing some of your weekend to help out. **THIS EVENT WOULD NOT HAPPEN WITHOUT YOU!**

**YOU'RE AMAZING!!  
THANK YOU!!**