



WILLIAMSTOWN BADGERS

RiverWinds

TRIATHLON

BADGERS RACING VOLUNTEER GUIDE

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WELCOME to the 2023 Williamstown Badgers Riverwinds Triathlon/Duathlon/Aquabike and 5K!

Thank you for being a part of the Williamstown Badgers Riverwinds Tri/Du/Aquabike and 5K! 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.

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. See you on race day!!

When you arrive for your shift, please check in inside the Riverwinds Lobby (1000 Riverwinds Drive, West Deptford NJ). See below for "Your Volunteer Briefing."

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

Denise Burgese, Volunteer Coordinator: 610.800.3997

Emmeline Renshaw, Swim Lead/Race Safety Officer: 856.404.2625

Bjorn Christiano, Bike Lead: 609.705.2622

Dan Seifring, Run Lead: 609.220.5086

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; hang up and dial again. There is a lot going on in an event, and we might not hear a *ping* of a text or vm.

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 15 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).

SCHEDULE OF EVENTS

Saturday, April 29, 2023 – Riverwinds Community Center, 1000 Riverwinds Drive, West Deptford, NJ

- 3pm – 5pm – Packet Pick-Up in the lobby (Timing chip pick-up will be on Sunday morning).
- 5pm – Kids Fun Run near transition

Sunday, April 30, 2023 – Riverwinds Community Center, 1000 Riverwinds Drive, West Deptford, NJ

- 5:30am – Parking Opens
- 5:45am – Transition Opens
- 5:45am – 7:00am – Check-in, Packet Pick-Up, Timing Chip Pick-Up in lobby – Please park, walk around the building and enter from the transition side of the building...bikes must remain outside
- 7:10am – Transition Closes
- 7:20am – Pre-Race Meeting
- 7:25am – National Anthem
- 7:30am – Triathlon, Duathlon, Aquabike Race Start
- 8:00am – 5K Race Starts near transition
- 9:30am (or earlier) – Awards
- 10:00am (or earlier) – Clean Up

FAQs: SWIM

200 meters - 8 lengths of the pool

What do I do as a swim volunteer?

You will assist the race staff as needed, ensure spectators stay out of the athletes' way, and may assist swimmers as they exit the pool.

How do the athletes line up?

The athletes have been assigned a race number based on their predicted swim time, which they filled out when they registered for the event. Each athlete should line up in numerical order. If an athlete would prefer to move further up or back to start sooner/later, they are permitted to do so.

How does the swim start?

The athletes have seeded themselves based on their predicted swim time. The athletes will enter the pool one 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?

There are no swim caps provided for this race.

FAQs: BIKE

What do I do as a bike course volunteer?

You will be located on the bike course and will help guide the athletes on the course. If you are at an intersection, you will most likely be working with a police officer. The police officer will be responsible for controlling traffic. You will be guiding the athlete either through the intersection or through a turn. If you are at a turn or turn around location, please tell the athletes to slow down prior to the turn, especially if the roadway is wet. Be very vocal, it is difficult to hear when on a bike and in race mode.

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 must collect/keep their litter to discard after the event in an appropriate receptacle back at transition area. This is in accordance with USAT rules and always a great practice.

FAQs: RUN

What do I do as a run course volunteer?

You will be located on the run course and will help guide the athletes on the course. You will most likely be located at a point where the runners will either turn or turn around and will provide direction and encouragement to the athletes.

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

Only relay team members will be permitted 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 they will pass twice.

FAQs: Transition

Athletes will be arriving well before the race begins. Transition closes before the race begins, at 7:10am and all athletes must exit transition. Relay team members will be permitted to return to transition following the pre-race meeting to wait for their relay athlete where their teammate's bike is racked.

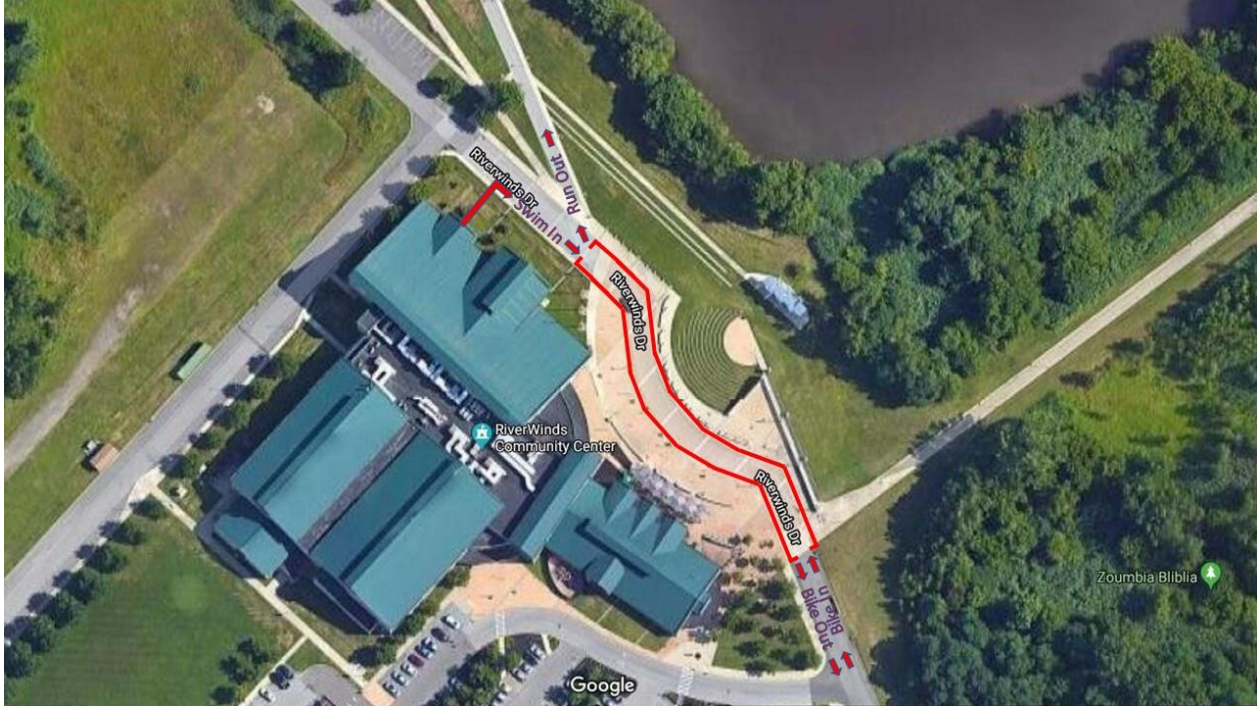
To help ensure safety, and in accordance with USA Triathlon rules...NO HEADPHONES PERMITTED for anyone during the event. This includes during the bike and during the run, and also while volunteering.

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.

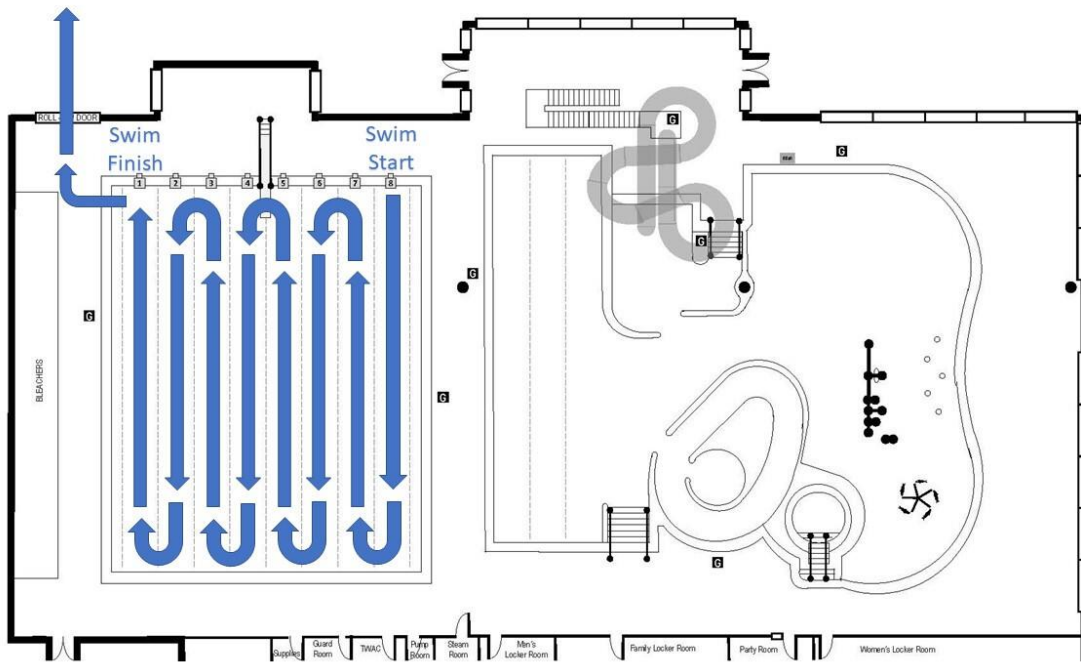
When will athletes see their results?

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

TRANSITION



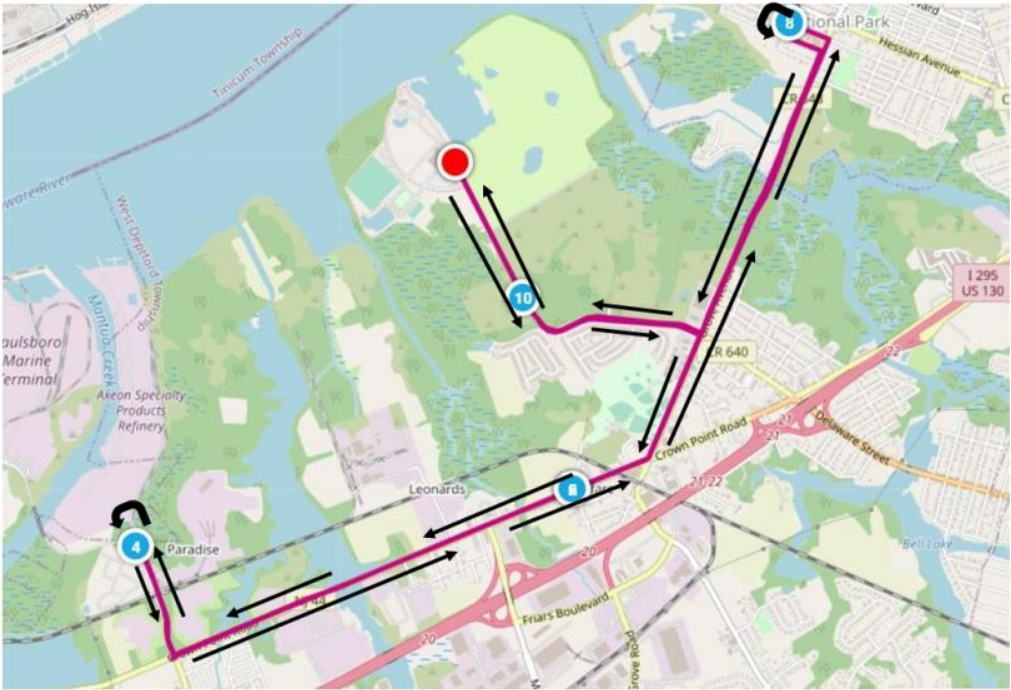
SWIM COURSE (200 Meters)



DUATHLON FIRST RUN COURSE (2 miles)



BIKE COURSE (10 Miles)



5K RUN COURSE (3.1 Miles)



YOUR PERSONAL CHECKLIST

To ensure an enjoyable volunteering experience, please consider the following:

- 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 waterproof shoes (come prepared for a sudden change in weather!)
- Suntan lotion, hat, sunglasses, and umbrella

MEDICAL

First thing to remember - do not panic!

- In an emergency, please call 9-1-1 first and then call Lou (RD) at 609.706.8079. Know your location and the athlete's condition and also their race #.
- 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 medical personnel can get to them).
- Stay with the injured athlete until help arrives, while reassuring them.

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 Are AMAZING!! THANK YOU!!