

Smiley Sprint Triathlon

Sunday July 26, 2026

Clemmons West Pool

GENERAL INFORMATION FOR VOLUNTEERS

Race Location: Clemmons West Pool - 3376 Middlebrook Dr, Clemmons, NC 27012

Items to Bring With You: Water (**very important**), sunscreen, comfortable shoes, hat and sun glasses. The race WILL go on rain or shine, so bring rain protection/gear if the weather is wet.

Arrival Time: See the final volunteer assignment sheet for your individual assignment.

- ***Volunteer Captains and Coordinators and Early Volunteers need to arrive by 5:30 AM.***
- ***Parking, registration and body marking volunteers need to be checked in by 5:30 AM.***
Athlete registration begins and transition area opens at 6:00 AM and we will have some prep work before they begin to arrive.
- ***All other volunteers, please arrive in time to be parked and checked in by 6:30 AM.***
- Any volunteers that can arrive earlier than 6:30, we could use help with body-marking starting at 6:00 AM.

Departure Time: With a few specific exceptions, volunteer duties will last from 6:30AM (check-in) until approximately 11:30 AM (conclusion of awards ceremony).

Parking: All volunteers and participants will be able to park in the primary parking lot at Hayward Flow Control across the street from Clemmons West Pool - 3376 Middlebrook Dr, Clemmons, NC 27012.

Check-in for Volunteers: All volunteers must check in at the Volunteer Check In Tent located near the main Pavilion to confirm their assignment and receive their Volunteer T-shirt. Once checked in, you'll be directed where to go. You will be educated on your task when you get to your spot. Please wear the volunteer T-shirt for easy recognition. Changing facilities are available at the Pool.

GENERAL VOLUNTEER DUTY DESCRIPTIONS:

Packet Pick Up (Saturday) Volunteers – Please report for your shift to Fleet Feet Sports by 2:30 PM on Saturday, July 25. The Expo and Packet Pick-Up will run from 3:00 until 6:00 PM.

Registration/Body Marking: Race day registration and body marking begin at 6:00 AM. If available, volunteers in these areas may be re-assigned to a new job when packet pickup closes at 7:00 AM.

Transition Area: Volunteers in the transition area direct racers on and off the course, monitor exit areas, keep non-racers out of the transition area (**MANDATORY**), and keep the area clean.

Swim Course: Swim volunteers will be assigned to various duties, including lining up the athletes, keeping the pool area safe, making sure swimmers touch the wall before turning, and directing racers to the transition area.

Bike Course: Volunteers will direct athletes on the course. Police officers will be on duty and positioned at intersections to monitor traffic. Volunteers will be taken by their captain onto the course and dropped at pre-assigned stations. Volunteers will remain in this designated area until the bike course closes. The bike course captain will follow the last biker and pick volunteers up near the end of the race and return them to Clemmons West Pool.

Run Course: Volunteers will direct athletes on the course and hand water out at the water stations. Water station volunteers will need to collect cups and pack up the area at the end of the race. The Run Course Captain will follow the last athlete on the course and let volunteers know when they can leave their posts. The Captain will also periodically check on the volunteers at their posts.

Finish Line: Volunteers will collect timing chips and hand out finisher medals.

OTHER INFORMATION:

Awards: Award presentations will begin around 11:00 AM.

Food and Refreshments: Volunteers will have access to post-race refreshments. Please bring any other refreshments you will need while you are stationed on the course. It can get hot, and many of the volunteer assignments will be located away from the race headquarters, so you will definitely want to bring water/drinks with you.

CHEERING: Cheerin', hootin' & hollerin' are strongly encouraged. Participants regularly report that receiving encouragement from volunteers along the way has helped them go on at times they wanted to give up. Cheer for the athletes at your posts along the course and at the finish line once your assignment is over.

CLEAN UP CREW: We ***always*** need additional help after the race, to pack up and load vehicles. If you are able to stay, we would really appreciate it!

THANK YOU FOR YOUR HELP

Questions before race day?

Contact Hope Jones at hope@jonesracingcompany.com