

Volunteer AS Instructions

Step 1 - Text Race Director that you have arrived (if phone service permits) or radio.

Totes - There are totes. Everything in **all** totes will be used - nothing in the box should go unused.

Hydration Setup - Ensure all hydration is filled up and cold if it's hot outside. Make sure it's not frozen if it's freezing. Read the instructions on the electrolytes to mix the proper serving size.



Food Setup - Please layout your food like in the picture. Make everything bite size, included PB&Js, quesadilla, you name it (everything). Cook up cheese quesadillas, bacon, grilled cheeses, whatever we got!

- Keep propane for grill turned off when not using. Once you're out, you're out.
- When certain food runs out, that's all we have. If we run out of hydration/ice if it's hot, contact RD.
- Please feel free to serve yourself food!

Propane Heater - If it's cold out, use the propane heater. Keep the setting on low. The propane will last about 9 hours on low. When you run out, contact RD about getting some more.

Runner Drop/EMS - Contact RD via phone or radio if someone needs to be picked up or if there is an emergency. If you can not contact RD, drive to start/finish line and let RD know, then report back to Station.

Leaving Shift - Wait until new volunteer arrives before leaving shift unless you're the last shift. Leaving aid station without anyone around can be dangerous for the runners. If no one shows, please contact RD and he will send someone. If you are the **last** shift, please clean up the aid station and pack everything down having it ready for pickup. Keep everything organized and put it back into boxes. Take any leftover food you would like. Anything perishable or open please throw away in the garbage (bread, bananas, leftover coke, open bags)

THANK YOU! Seriously. You're making this happen. We appreciate your service for the running community.