

# CP1 – Adanac Road

## **Staff:**

2 volunteers

## **On Site Times:**

- Must be on route by 6:45am Saturday
- Set-up must be completed by 7:15am Saturday
- On site until 9:30am Saturday

## **Approximate Distances:**

- From Start to your location: 9.3km
- From your location to TA1: 6km

## **General Instructions**

Your primary responsibility is to ensure the safety of the competitors. We do this by monitoring their progress through the course. We must be diligent in our duties and respond to situations quickly and calmly. In the event of an emergency, remain calm, assess the situation, and contact a Race Director or HQ (see Event Protocol). We will never ask you to put yourself into a compromising situation in order to help others. We want you to take care of yourself out there as well so ask for help if you need it.

SAFETY COMES FIRST. Assisting a racer in need will not necessarily disqualify them. It doesn't even matter – racers do not have the right to make unsafe choices or proceed when they are not fit to do so. Notify HQ immediately if you have any concerns.

## **Volunteer Duties:**

Volunteers should set up water on the tables provided and set out gel packages.

**Radio HQ when you receive your first runner. As a racer passes your location, write their bib number on the timing sheet so we know they have passed.**

## **Communications**

- Radios are for communicating race progress and safety related issues.
- Try to keep the social talk off the radios as we all use the same channel and this ties up our communication line
- Do not hold the radio too close to your mouth
- Be polite and do not cut other people off while they're talking
- The radios cost \$800 each - keep them dry and don't leave them sitting around.

**Event Protocol:**

You will have a radio to report when the first and last runners clear the area. You will also report any emergencies, general concerns or racers that drop out. If a racer drops out at your location, it is critical that you contact HQ right away.

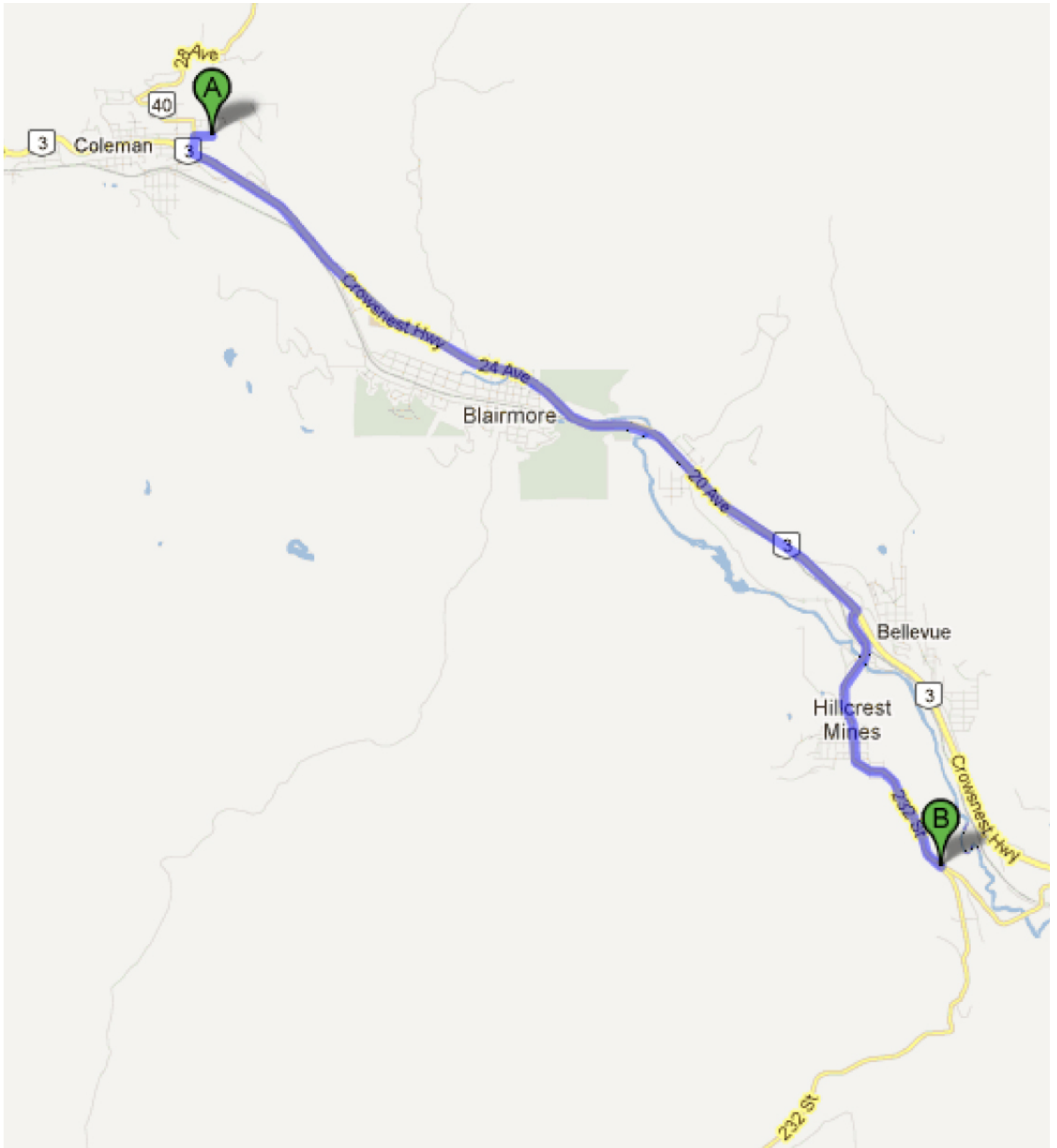
Issue	1st Contact	2nd Contact
Course problem	Andrew	Brian
Emergency (non-medical)	Andrew	Brian
Racer / public complaint	Brian	Andrew
Racer withdraws	HQ	Brian
Volunteer directions/directives	HQ	Brian
Supplies needed at TA/CP	Logistics 1	Logistics 2
Immediate medical emergency	Medic 1	Medic 2
Media / PR	Erin	Brian

**Food and Equipment:**

Food:	Qty:	Equipment:	Qty:	Signs:	Qty:
Gels	390	Collapsible Table	2	Distance Sign	1
Water	6	Electrolyte	2		
		Garbage Bags	3		
		Garbage Can	1		
		Hand Held Radio	1		
		Timing Sheet	1		
		Traffic vest	2		
		Water Jug	6		

**Driving Directions:**

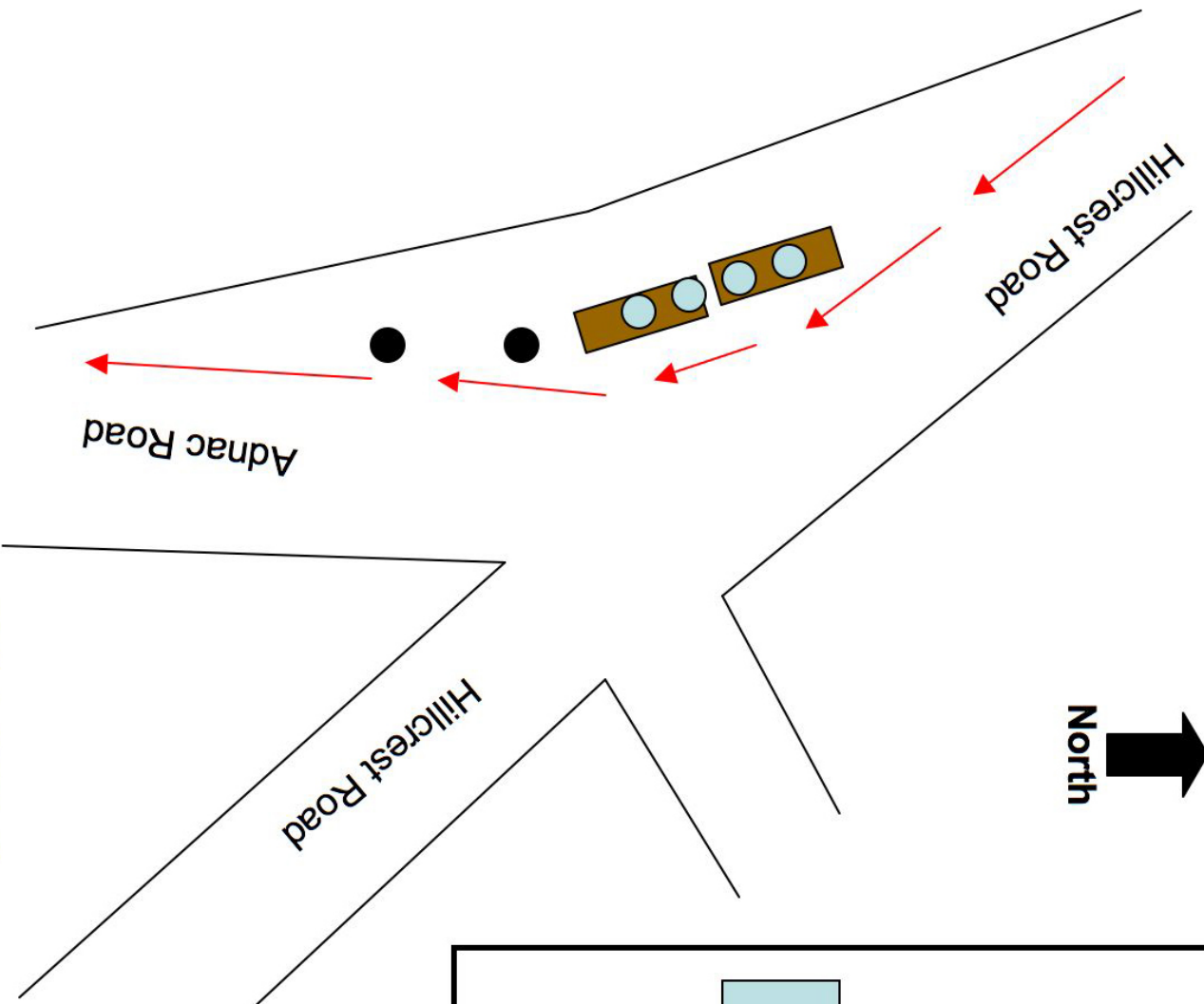
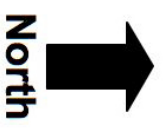
- Leave the host site (Sports Complex) and drive to Hwy 3
- Turn left (east) onto Hwy 3 and drive approximately 10.2km to the right-hand exit for Hillcrest Mines
- Turn right towards Hillcrest Mines (9 avenue) and drive 1.3 km to the Y in the road
- Take the left fork and continue 0.75 km to the corner of 9 Ave and 230 St
- Reset odometer and continue south through the intersection, now driving on 232 street Hillcrest
- 232 street leaves town- drive out of town for a total of 1.8 km from the intersection
- Drive 1.8km to the fork in the road and turn right onto the gravel road (Adanac Road)
- Park on this corner and set up your equipment



**Hillcrest Water Station - Aerial View**



# Hillcrest Water Station - Site Plan



Sinister 7 Site Plans

### Legend

- Runners Route
- Table
- Liquid Jug/ Cups
- Racer Food
- 10x10 Pop Up Tent
- 10x20 Tent
- Garbage
- Timing Station
- Racer Chute
- Road or Trail Border