

CP3-B – Sartoris Road South

Staff:

- 2 volunteers

On Site Times:

- Must be on route by 9:30am Saturday
- Set-up must be completed by 10:00am Saturday
- On site until 6:00pm Saturday

Approximate Distances:

- From your location to next water station: 6.5km
- From your location to TA3: 18.5km

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:

Place water and snack foods on the table. Alert HQ if you begin to run low on any supplies (less than half).

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.

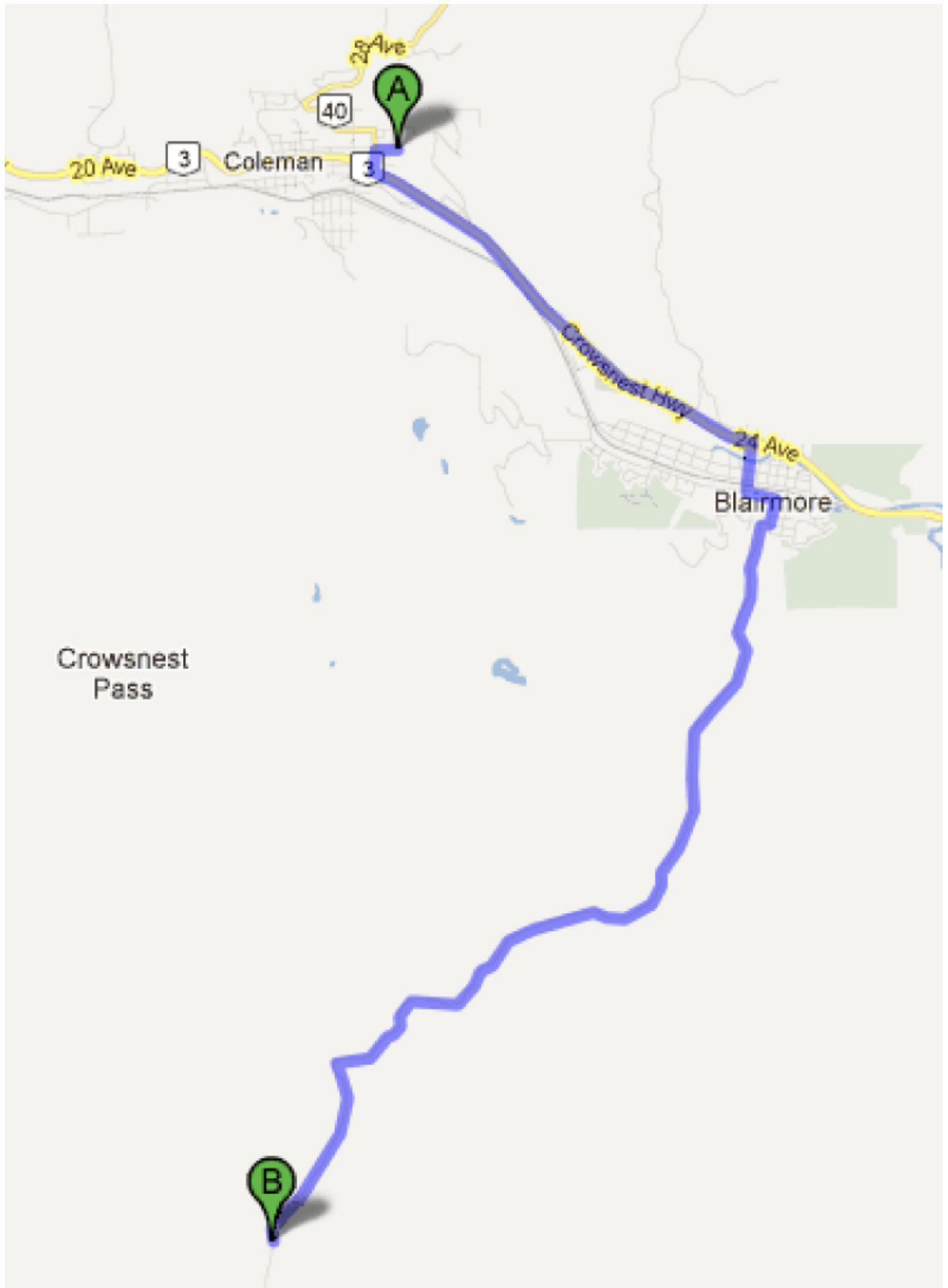
Issue	1st Contact	2nd Contact
Course problem	Andrew	Brian
Emergency (non-medical)	Andrew	Brian
Racer / public complaint	Brian	Andrew
Racer withdraws	HQ	Brian
Volunteer directions/directives	HQ	Brian
Supplies needed at TA/CP	Logistics 1	Logistics 2
Immediate medical emergency	Medic 1	Medic 2
Media / PR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

Food and Equipment:

Food:	Qty:	Equipment:	Qty:	Signs:	Qty:
Water	10	Collapsible Table	1	Distance Sign	1
Chips	78	Electrolyte	2		
Choc. Bars	111	Garbage Bags	4		
Electrolyte Drink	2	Garbage Can	1		
Energy Bars	156	Hand Held Radio	1		
Gels	390	Space Blankets	6		
Soft Candy (kg)	3	Timing Sheet	1		
		Water Jug	10		

Driving Directions:

- Leave the host site (Sports Complex) and drive to Hwy 3
- Turn left (east) onto Hwy 3 and drive approximately 4.6km to the right-hand center exit for Blairmore
- Follow south across the railway tracks and turn left (east) onto 19 Ave
- Turn right onto 132 Street then right onto 16 Ave
- 16 Avenue will bend towards the south and turn into Sartoris road / 131 Street
- Drive up the road for approximately 10km where a trail from the west comes up onto the road - a trail junction sign marked 39 should be in place
 - Note that you will cross over two cattle guards and the summit of the road before reaching the checkpoint

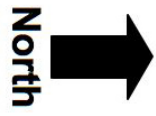
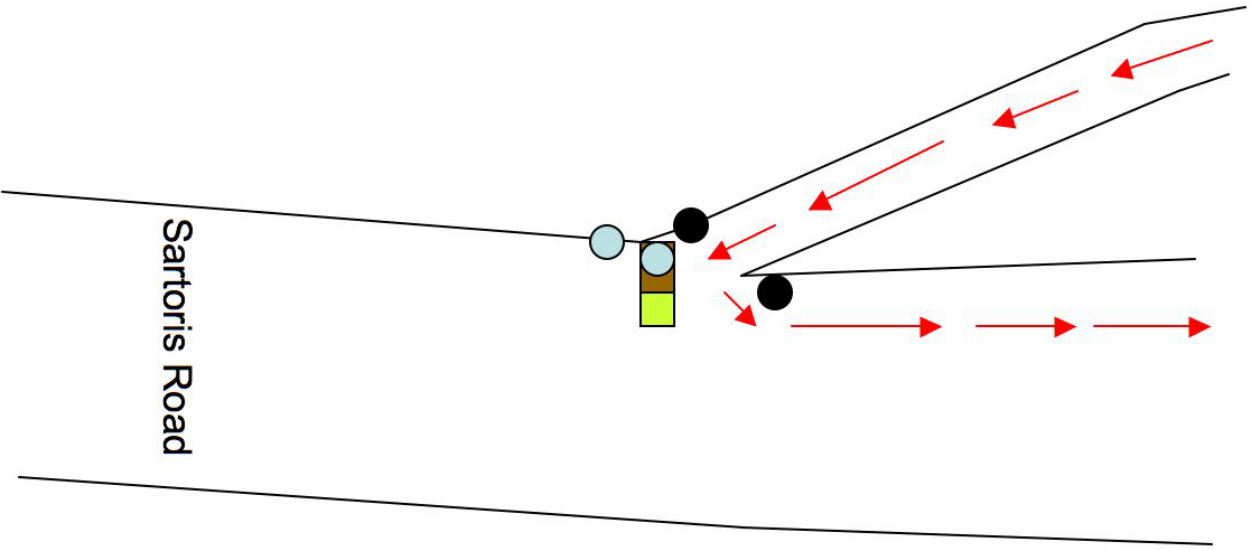


Sinister 7 Ultra + Relay – Volunteer Instructions – July 2013

Upper Sartoris Water Station - Aerial View



Upper Sartoris Water Station - Site Plan



Legend

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