

# TA1 (End Leg 1) – Adanac Road

## **Staff:**

- 1 Site Coordinator
- 2 Food Preparation
- 2 Timing
- 2 Traffic Control

## **On Site Times:**

- Must be on route by 6:30 hrs Saturday
- Set-up must be completed by 7:30 hrs Saturday
- On site until 10:00 hrs Saturday

## **Approximate Distances:**

- Leg 2 total: 16km
  - Leg 2 water station: 10km

## **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.

## **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

## **Timing Duties:**

Timing will be done electronically using the SPORTident system. The race director(s) will help set up the equipment. There will be one electronic punch. As runners approach, have volunteers direct them to the timing chute to punch in. Record bib numbers on the list provided as a backup. Accuracy is critical so timers are not to leave their posts until instructed to do so.

**Food and Equipment:**

Volunteers will ensure that food is put out and supplies are stocked up:

- Cut up fruit and cut chocolate bars in half
- Ensure water is out
- Mix sport drink

<b>Food:</b>	<b>Qty:</b>	<b>Equipment:</b>	<b>Qty:</b>	<b>Signs:</b>	<b>Qty:</b>
Water	10	10x10 Tent	4	Distance Sign	1
Electrolyte Drink	2	Hand Held Radio	1	Timing Chip	1
Soft Candy (kg)	3	Timing Station	1	Solo Area	1
Oranges (case)	1	Timing Sheet	1	No Parking	6
Bananas (case)	1	Water Jug	10	End Leg 1	1
Energy Bars	78	Electrolyte	2	Start Leg 2	1
Choc. Bars	78	Collapsible Table	4		
Salt Snack	65	Paper Cups	300		
		Garbage Can	2		
		Garbage Bags	6		
		First Aid Kit	1		
		Toilet Paper	15		
		Tool Kit	1		
		Rebar/Fencing	4		
		Post Pounder	1		
		Megaphone	1		

**Event Protocol:**

All coordinators report directly to the Race Directors. Coordinators are expected to give guidance both volunteers and racers in the absence of a race director. Note that judgment calls are based on race rules only and should be discussed with a Race Director. Only Race directors can disqualify a runner.

<b>Issue</b>	<b>1st Contact</b>	<b>2nd Contact</b>
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



### 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)
- Drive 5.6 km south to the TA and park in the designated area along the side of the road or in the clearing to the far south; parking is very limited in this area

