

TA5 – Atlas Road

Staff:

- 2 Site Coordinators
- 1 Timing
- 4 Food Preparation / Site maintenance

Approximate Distances:

- Leg 6: 13.8km
- From your location to water station: 9km

On Site Times:

- Must be on route by 11:00 hrs Saturday
- Set-up must be completed by 14:00 hrs Saturday
- On site until 09:00 hrs Sunday

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
- Remove caps from Cola to let it go flat
- Use one pot to heat water for coffee, broth, potatoes, etc.
- Use one double boiler pots to heat tomato sauce and add meatballs
- Use second double boiler to prepare potatoes
- Ensure water is out
- Mix sport drink

Food:	Qty:	Equipment:	Qty:	Signs:	Qty:
Water	12	10x10 Tent	6	Distance Sign	1
Electrolyte Drink	5	Hand Held Radio	1	Timing Chip Sign	1
Soft Candy (kg)	5	Timing Station	1	Solo Area Sign	1
Oranges (case)	1	Timing Sheet	1	No Parking Sign	2
Bananas (case)	1	Water Jug	12	1st Aid Sign	1
Chips	98	Electrolyte	5	Runners on Road	1
Energy Bars	130	Collapsible Table	3		
Flat pop (bottle)	16	Paper Cups	380		
Broth	195	Styro Cups	380		
Noodles	195	Garbage Can	2		
Squares	195	Garbage Bags	12		
Meatball/sauce	3	First Aid Kit	1		
Potatoes (carton)	3	Space Blankets	12		
Trail mix	98	Coleman Stove	2		
Instant coffee	195	Propane Tanks	1		
Bagels	195	Cook Pot	4		
Peanut Butter (pk)	195	Lantern/Lights	8		
Hot chocolate	390	Toilet Paper	20		
		Tool Kit	1		
		Rebar/Fencing	2		
		Generator	1		
		Post Pounder			
		Megaphone	1		
		Coolers	2		

Event Protocol:

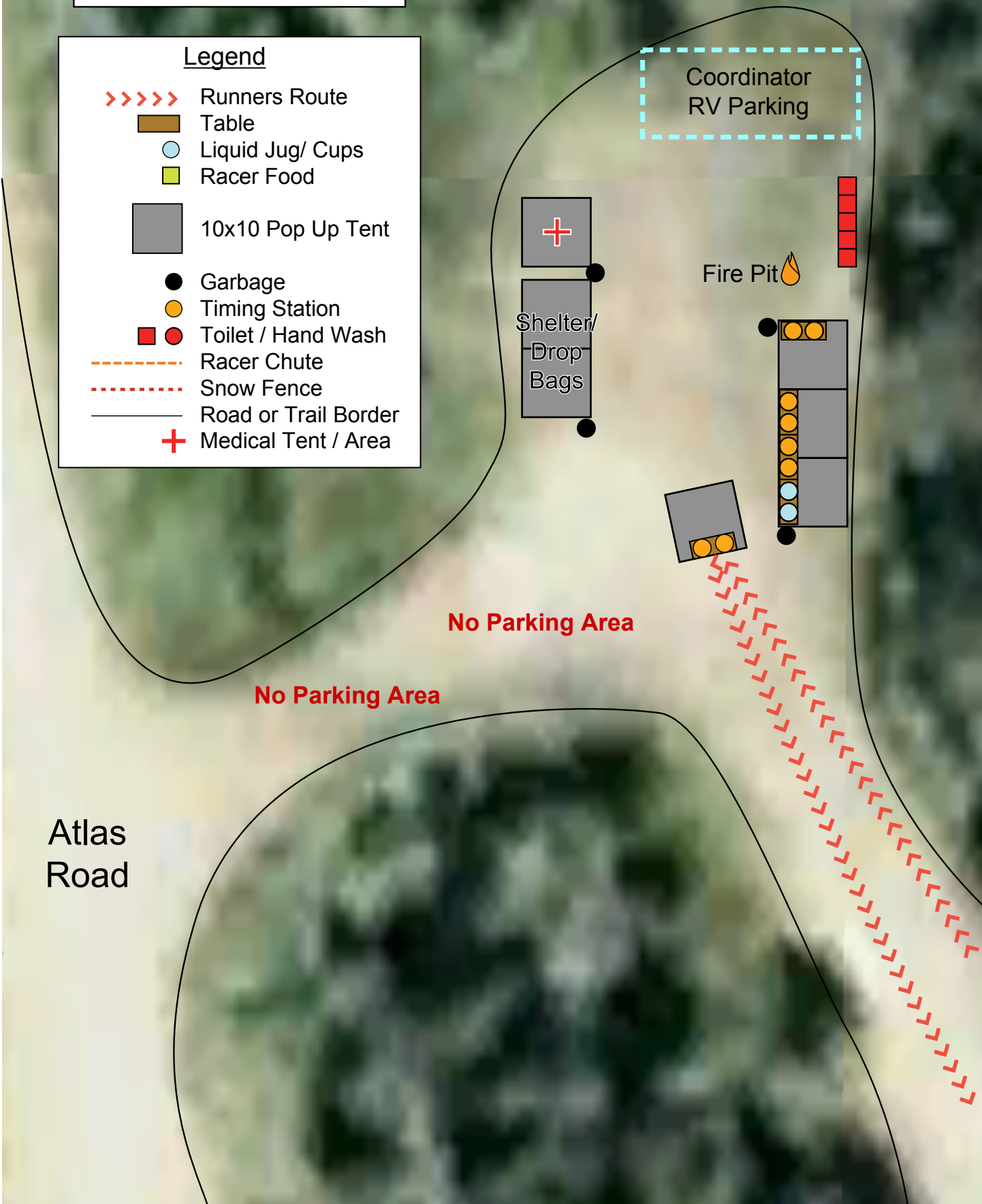
You will have a radio to report when the first and last runners clear the area. You will also report any emergencies, general concerns or racers that drop out. If a racer drops out at your location, it is critical that you contact HQ right away.

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

Transition Area 5 - Site Plan

Legend

- >>>> Runners Route
- Table
- Liquid Jug/ Cups
- Racer Food
- 10x10 Pop Up Tent
- Garbage
- Timing Station
- ● Toilet / Hand Wash
- - - Racer Chute
- - - Snow Fence
- Road or Trail Border
- + Medical Tent / Area



Driving Directions:

- Leave the host site (Sports Complex) and drive to Hwy 3
- Turn right (west) onto Hwy 3 and drive approximately 6.1km to the right-hand junction of Allison Creek Road
- Drive north on Allison Creek Road for approximately 13.2km – NOTE: you will come to a Y intersection as the pavement ends – stay RIGHT
- At approximately KM 13.2 (from the Highway) you will see a large trail junction on your right side
- This is TA5
- This area is very tight so please park accordingly

