

## VOLUNTEER POSITIONS/DUTIES

1. Race Set-Up June 15th 5:00-7:00 p.m. (8)
  - \*assist in putting up signs/tents/banners/tables
  - \*marking course
2. Transition Area Directors June 16th 7:00-8:30 (4)
  - \*assist racers in set-up
  - \*marking
3. Check in 7:00-8:30 a.m. (4)
  - \*mark bib #'s on racers
  - \*sit at check-in table to check in racers
  - \*assist racers on what to do/where to go
4. Pool Timers/Lap counters:
  - \*need to be over 18
  - \*timing swimmers/counting laps
  - \*2 timers/lane & 1 main timer
  - 8:30-10:45 (13)
  - 10:30-12:45 (13)
  - 12:30-2:30 (13)
5. Swim Directors:
  - \*assist racers to know where to go before and after swim
  - \*keep flow of swimmers' line going
  - 8:30-11:45 (2)
  - 11:30-2:30 (2)
6. Bike Timers:
  - \*use timing equipment
  - \*position at beginning of bike course
  - 8:30-11:30 (3)
  - 11:30-2:30 (3)
7. Run Timers
  - \*use timing equipment
  - \*position at beginning of run course
  - 8:30-11:45 (3)
  - 11:30-2:30 (3)
8. Transition Area Assistants
  - \*help racers find bikes
  - \*keep non racers out of area
  - 8:30-11:45 (2)
  - 11:30-2:30 (2)
9. Traffic Control/Flaggers (*\*there will be professional traffic controllers at the major intersections but we still need volunteers for smaller roads and intersections*)
  - \*need to be over 18
  - \*need to be able to drive to location
  - \*direct racers in the right direction

- \*need to wear safety vest and use flags
- \*stop racers when traffic is on the course

8:30-11:45 (10)

11:30-2:30 (10)

10. Finish Line Timers/Aid Station

- \*use timing equipment
- \*announce bib # to the main announcer
- \*assist at aid station tables

8:30-11:45 (4)

11:30-2:30 (4)

11. Course Aid Stations

- \*set-up aid table on course
- \*fill cups with Powerade/water

8:30-11:45 (2)

11:30-2:30 (2)

12. Kid Race

Areas: CHECK IN, TRANSITION AREA, POOL, RUN COURSE, BIKE COURSE  
FINISH LINE (***ONE MAIN REGISTERED VOLUNTEER AT EACH AREA,  
parents can help wherever they'd like***)

2:30-5:00 (6)

13. Take Down

- \*assist in taking down signs, banners, tables, tents etc...

5:00-7:00 p.m. (4)