

Lake Marion Triathlon

Volunteer Assignments Augst 11-15th 2009

For all of the assignments we are looking for a HEAD VOLUNTEER, someone who will be in charge of that particular endeavor
Please note if you are interested in this role.

WEDNESDAY AUGUST 11th (Location TBD)

Collate registration materials 5:00-6:30 PM (6 volunteers needed)

SATURDAY AUGUST 14th -meet at Antlers Park for instructions

Course Set Up 4:00PM-???? (16 volunteers needed)

SUNDAY AUGUST 15th- The BIG day!! All volunteers Check in at Antlers Park

Registration 5:30-7:15 AM (3 volunteers needed) \ Parking Lot Directors 5:30-??AM (2 needed)

Announcer 5:30-11:00 AM

Add'l course Set Up IF NEEDED 5:00-7:00 AM (4 volunteers needed)

Body Markings/Timing Bracelet handout 5:45-7:15 AM (8 needed, 4 Adults 4 Youth)

Assist with timing equipment during the race 6:00-11:00 AM (8 adults)

Monitor Transition Area 6:00-11:00 AM (4 adults needed)

Lifeguards and Boats for Swim portion of race 6:45-9:30 AM (3 adults needed)

Bike Course 7:30-11:00 AM- 13 stations of concern to assist with directing participants
14 adults and 28 kids (1 adult and 2 kids per station, will be assigned prior to the race)

Run Course 8:00-11:00 AM - 3 stations, (2 adults/3youth per station needed)
Direct racers, cheer them on - location assignments on day of race

Water/Fluid Replacement Stop/Station 8:00-11:00 AM 4 Adults and 12 Youth

Food Tent 8:30-11:00 AM -distribute food to racers after race

Finish Line 8:30-11:00 AM Remove race #s, timing chips and give them water

First Aide Tent 6:00 -11:00 AM

Clean Up 10:30-11:30 AM

We would like everyone to stay and help clean up--the sooner we complete the sooner the team party can begin!!!!

