



Volunteer Guide



Generic Aid Station Instructions

There are two types of aid stations on the course. Some are fully equipped aid stations, others have partial supplies. Depending on which station you have, some of these instructions may not apply to you. After reading these generic instructions, check the "Location Specific Instructions" for anything that may be unique to your location.

Full aid stations (4): Sunol, Billy Goat Road, Maggie's Half Acre, Schlieper Rock

Partial aid stations (3): Laurel Loop, Backpack Area, Stromer Spring

Aid Station Prep

- Set up the mileage sign where it can be easily seen.
- Set up Gu garbage boxes w/ bag liners (if you have one).
- Put one garbage bag about 100 ft after the Aid station so runners can start walking away with cups/trash. Put a rock on the bag to prevent it from flying away.

Drink Prep

- Use the blue coolers for the GU Brew electrolyte drink, use the second cooler for water.
- When mixing the powder, add water gradually and stir constantly. Apparently it will glob up if you just dump the entire envelope into full cooler.
- Gu Brew should be mixed two packages per cooler (making five gallons).
- The big stir stick is for mixing the electrolyte drink.
- Use the plastic pitchers for refilling runner's water bottles. Filling bottles out of the jugs takes forever.

Food Prep

- Unwrap and cut bars in quarters, set out only 3-4 cut bars at a time. These generally don't go very fast.
- When mixing the electrolyte drink powder, add water gradually and stir constantly.
- Set out about six or eight GU packets at a time. Setting out too many will encourage runners to take more than they need. There is GU at every aid station so there's no need for runners to "stock up".
- Cut bananas in half or in thirds, don't peel them.
- If you have strawberries, please rinse them before serving. If you have time, cut the tops off.
- Cut and cube the melon if you have it. Don't do too much at any one time, it can get nasty fast.
- Set out boiled potatoes in bowl adjacent to bowls of rock and table salt.
- Set out candy, chips, and crackers in bowls. It's better to set out a moderate amount and then keep refreshing the bowls. Otherwise, the food can get pretty skanky if you put out a lot and it sits there all day.
- Set out 6-10 cups each of water, soft drinks, and electrolyte drink.

- *Helpful Hint:* Use duct tape to keep bowls and plates from blowing away.

Logistics

- Split Times: If you have enough volunteers on hand, record the times of the runners as they pass through. We don't have synchronized timers, so just record time of day from your watch. If you get overwhelmed, don't worry about the times, just record the fact that the runner came through your aid station.
- As much as you can, help runners fill their bottles and get them on their way. Many of these people are racing (not just running) so think of yourselves as a pit crew that fills 'em up fast and urges them on down the trail.
- If you brought a camera, and if you have time, please snap photos of the runners as they pass through. This is a secondary priority to servicing the runners quickly.
- If the weather turns nasty, distribute garbage bags as runner "raincoats".
- If it's a hot day, use the spray bottles for spritzing runners to help them cool down.
- Runners coming into the later aid stations may be a bit punchy. It helps to suggest food to runners. "How about some chips?" "Would you like a GU?" "Are your bottles full?" Runners at these stages are very susceptible to suggestion.
- Also appropriate for the later aid stations, be aware that many new runners may not have yet learned the wonders of salt. In the later stages the runners may be salt depleted, particularly if we have a hot day. Be sure to suggest chips, potatoes with salt, or Succeed! Caps (which are salt and potassium). Salt can be an instant cure for someone with stomach problems or who is seriously lagging.

Afterwards

- Bag garbage and pick up cups that runners discard on trail, please scout for garbage on trail.
- Dump out the water coolers, ice chests, and water filled carboys. There's no point in carrying water *out* of the aid stations.
- You get first dibs on all aid station leftovers (including canned drinks and bottled water). Take whatever you want home with you. Seriously. We throw away all food after the race. If you want any of the leftovers – please take them.
- Wait for sweep runners to pass through before closing aid station – even if you run out of supplies.
- When closing the station, please repack the aid station supplies in the plastic bins and prepare everything for pickup by Larry and the rangers.
- For next year, please note what you ran out of and what you had too much of. We also want to know if you have any suggestions for improvement.

Location Specific Instructions

Del Valle – Bus Loading

- Bring a flashlight; wear bright clothing or a safety vest if you have one.
- Late arrivals that miss the bus should be directed to drive to Mission Peak. We will have maps/directions available as a handout.
- Please stay after the busses depart to help unload the supply truck.

Start – Mission Peak

- Set up the "Start" banner on the far side of the gate.
- Set out water jugs.
- Set out water and dispenser with GU Brew electrolyte drink.
- Use Duct tape to hang sponsor banners on fence and/or on front of registration table.
- Set up "Drop Bag" sign at location for runners to deposit items for transportation to Finish.
- Reserve a parking spot for the RD. He will arrive to start the race. Parking becomes very scarce!

- Transfer supplies to Laurel Loop aid station crew.
- **7:00am Early Starters**
 - We provide the opportunity for runners to start one hour before the scheduled 8:00am start.
 - Check in these runners on the regular checklist –put an “E” in the checkbox by their name.
 - Give them their bib number, and using the big marker, write a large “+1” on the front of their bib number.
 - Exactly at 7:00am by your watch, send all of the early starters on their way. There should be only one early start so that they are timed correctly. Do not let them all wander out with individual start times.
 - For the 8:00am start, we will synchronize the start to your watch so that for timing purposes we know the early folks are exactly one hour ahead.
- Check-in
 - Check off runner on checklist and give them their assigned bib number.
 - There is no race-day registration this year.
- After the race starts, pack up all materials for transportation to the finish at Del Valle.
- After start, load drop bags in Explorer and drive around to finish at Del Valle.

Laurel Loop

- After you close your aid station, pack up and drive the aid station supplies either to Sunol or to the Finish. If you go to Sunol, stash the supplies in the Ryder truck. After that, feel free to drive on over to the Finish at Del Valle and help out there (and enjoy the BBQ).

Sunol

- **IMPORTANT:** Sunol is a race cut-off location. **Runners must exit your aid station by 10:45 or they are disqualified and must accept a ride to the finish.** You may find it unpleasant, but it could happen that you have a runner that argues with you over this. If this occurs, record their bib number and inform them that if they insist on continuing they are doing so as in individual and not as a race participant. They will be listed as DNF in the results, and will not receive a finisher’s award, and that it is likely aid stations may close before they arrive at them. If you can, without an argument, please collect their bib number. Most runners will accept this all gracefully, but if someone is a jerk, we (Ann and Larry) want to know about it.
- The water from the tap in Sunol tastes horrible (at least I think it does). Use the tap water for washing etc. Use the water we deliver for drinking and mixing the electrolyte drink.
- Your location is the only one where runners can conveniently withdraw from the race. If someone is having a particularly horrible day be sure that they understand that by leaving your aid station they are committing to 20 difficult miles before the finish. If someone drops, have the radio operator communicate that info to the command post at the finish. Depending on the situation, you may be asked to drive any dropped runners to their cars after your aid station closes.
- After you close your aid station, feel free to drive on over to the Finish at Del Valle and help out there (and enjoy the BBQ).
- It happens every year that a slow runner passes through Sunol and then turns back before they get to Maggie’s Half Acre. Then they find themselves stranded when they get back to Sunol. To address this situation, we will request one of the volunteers to stay on site at Sunol until the last runner passes through the aid station at Maggie’s Half Acre.

Backpack

- **IMPORTANT:** Your location is a race cut-off location. **Runners must exit your aid station by 11:45 or they are disqualified and must return to Sunol where a volunteer will be available to give them a ride to the finish.** You may find it unpleasant, but it could happen that you have a runner that argues with you over this. If this occurs, record their bib number and inform them that if they insist on continuing they

are doing so as in individual and not as a race participant. They will be listed as DNF in the results, and will not receive a finisher's award, and that it is likely aid stations may close before they arrive at them. If you can, without an argument, please collect their bib number. Most runners will accept this all gracefully, but if someone is a jerk, we (Rob and Larry) want to know about it.

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Rose Peak Course Monitors

- Your job is to ensure that every runner that each runners completes the entire course, including running over the top of Rose Peak. To verify that they have accomplished this, each runner coming over the top should receive a rubber wristband. You job is to ensure this happens.
- Your location is near the Maggie's Half Acre aid station, so feel free to walk down to take a break and get a snack. However, please do not leave the Peak unstaffed. At least one monitor should be on site at all times. In addition, please do not leave the post until the sweep runners pass through.
- Ensure the rangers collect the supplies at the end of the race. Remind them at Maggies.

Maggie's Half Acre

- You have four special directional signs that lead runners up over Rose Peak before entering your aid station. The signs were delivered with your aid station supplies and attached is a map that indicates where the signs should be placed. On Sunday morning, please hike up the hill and place the signs as indicated. Don't forget to retrieve the signs at the end of the day.
- To prevent runners from short-cutting the course, we will have course monitors stationed at the top of Rose Peak who will distribute bracelets to each runner as proof they have gone to the top. If you see runners come into the aid station without a bracelet, send them back to the top to collect one.