

UNIVERSAL 5+1/2 K

Honoring our Founder, Frances A. Pizzola

We Need You! Race Volunteer Army

All volunteers should plan on attending a pre-event meeting so that they have clear directions on what is going on. All volunteers must have completed all of the Access To Independence volunteer paperwork and a volunteer waiver.

To volunteer, contact Rachel Anderson at Access To Independence at 607-753-7363 or email randerson@aticortland.org.

Athlete Village

Packet Pick-Up – 7:30 am – 9:30 am

Duties: Handing out bibs, safety pins, tee-shirts, maps and swag bags to runners. May need to give directions to bathrooms or simple explanations. Should be wearing a watch or reliable time piece (cell phone ok) to give the time.

Start Line – 7:30 am – 9:30 am

Duties: Answer basic questions, i.e. where is the bathroom? What time is it? Should be wearing a watch or reliable time piece (cell phone ok) to give the time. Ensure that start line water and Gatorade remain full and trash cans empty/area is clean. Help participants line up in the correct place.

Food Tent – 9:30 am – 11:00 am

Duties: Ensure that food and beverages are stocked and accessible for athletes.

Medical Tent – 8:30 am – 11:00 am

Duties: Provide basic medical assistance to runners, which may include: water, band-aids, Vaseline, ice packs, etc. that does not require advanced medical care.

On Course

Water Stop 1 – 8:30 am – 11:00 am or as soon as last runner/sag wagon passes through.

Duties: Filling/refilling water cups. Handing water cups to runners. Picking up tossed water cups for trash. Also make available Kleenex and wet sponges (weather dependent). Encouraging runners on course and cheering.

Water Stop 2 – 8:30 am – 11:00 am or as soon as last runner/sag wagon passes through.

Duties: Filling/refilling water cups. Handing water cups to runners. Picking up tossed water cups for trash. Also make available Kleenex and wet sponges (weather dependent). Encouraging runners on course and cheering.

Finish Line Chute – 9:00 am – 11:00 am

Duties: Distribute finisher's medals to all participants. Encourage participants to keep moving through the chute to the food tent to avoid runner traffic congestion. Provide simple directions to bathrooms and food tent areas. Ensure that spectators remain clear of finishing chute for runner safety.

Road Crew

Road Crew (medical) – As many of the road crew as possible should be CPR/First Aid certified, as they will be the first on the scene if anyone is in medical duress and can activate the medical team/medical director.

Road Crew (intersections) – 8:30 – 11:00 am or as soon as last runner/sag wagon passes through.

Duties: Use reflective gear, flags and cones to assist runners in safely crossing intersections. You may need to stop oncoming traffic to allow

groups of runners to pass. Intersections that are particularly dangerous or otherwise concerning will have police officer support for road crew.

Road Crew (bicycle) – 8:30 am – 11:00 am or as soon as last runner/sag wagon passes through.

Duties: Bicycle along the course and keep an eye on runners. If an athlete appears to be in medical distress, follow proper procedure for alerting all race medical personnel and stay with the person until medical help arrives. You are the eyes and ears ensuring that everyone is safe along the course. Bicycles should have small fanny pack style emergency kits with items such as band-aids and Vaseline.

Road Crew (sag wagon) – 9:15 am – 11:00 am or as soon as last runner crosses the finish line. This could be the ATI van or some sort of small motorized ATV type vehicle or golf cart. This should be marked as “Official Race Vehicle.”

Duties: Follow the last runner and let all personnel know as you pass that there are no more athletes on the course behind you and that race personnel are free to leave their station/return to Athlete Village. Pick up any runners in distress/stragglers who cannot continue for any reason, medical or otherwise, and see that they get proper attention. Some may need to be transferred to the medical team. Others may simply be tired and unable to continue, needing a ride to the finish. Pick up any “throwaways” on the course such as sweatshirts, ponchos, gloves, hats, etc. for donation to local charities.