



Yuma Territorial Marathon And Half Marathon



Volunteer's Guide

Date: 23 January 2010

Where: Northbound shoulder of US Highway 95 between the Cocopah Resort and the San Luis city limits

Website: <http://yumamarathon.com/>

Assignment: Volunteers will man their stations from 6 a.m. until the last runner passes their station (no later than 1 p.m.)

Do not leave your station unattended at any time until directed by the course manager – Ricky Rinehart or Nate Schug.

Bring:

- pop-up shade
- folding chairs
- flashlights
- warm/dry clothing

Timetable:

5:30 AM Volunteers arrive at the North end of the Cocopah Resort Parking Lot, meet Nate Schug and assist in preparing food and drinks for aid stations.

6:00 AM Volunteers follow Nate Schug (928-941-3190) out to their assigned station

7:00 AM Marathon starts at Cocopah Casino

7:20 AM Half marathon begins at Cocopah Casino

10:30 AM Full marathon turnaround closes

1:00 PM Race course closes

Rules:

* Each volunteer group must have no more than 8 persons to a station, minimum **two adults** and minimum 4 youths per station.

* Keep a ready supply of water, sports drink and snacks available for the runners. (Cut bananas, put pretzels in cups, keep 10-20 cups of water and 10-20 cups of HEED sports drink filled at all times).

* Mix Hammer Nutrition powder as needed. (Please do not use your hands to mix the drink).

* When able – hand cups/snacks to runners. (When holding cups out to the runners, identify their contents as “water”, “heed” or “pretzels”. Yell loud enough that they can make their decision as they approach).

** While giving enthusiastic encouragement to the runners please take care not to interfere with their performance.*

* Please keep all trash picked up and replace trash can liners as they fill up. (Filled trash bags will be collected at the conclusion of the race).

FYI:

*** Each station will have a **ham radio operator** and a **member of the Caballeros**. If supplies begin to run short, special needs arise or an emergency develops please advise both the **ham radio operator and the Caballeros** and they will contact the necessary personnel.

*** As of Saturday 1/16/2010 there are 36 marathoners and 69 half marathoners registered to run.

*** Please contact Bob Brown – drbob97@juno.com 928-246-9473 to select one of the following options

- receive a donation to your non-profit organization
- receive event shirts for each of your volunteers free of charge.

*** Event t-shirts will be available for sale during the event at the Start/Finish line for \$10 each

*** This will be a long event. Be sure you bring food/snacks. If you wish to drink something besides water please bring a beverage as well. The sports drink and snacks at the station are for the runners.

*** Porta-potties will be available at each station.

*** The race will be run on the paved shoulder Highway 95. Please park cars and set up all aid station equipment off of the pavement (in the dirt).

*** When making shift changes during the day, please be extremely cautious if crossing the runner's lane to not impede a runner's progress.