

BRIDGE OF FLOWERS CLASSIC RACES

August 13, 2016

VOLUNTEER INFORMATION

Thank You for volunteering! Much of our success is due to the efforts of many people in the community who, as race day volunteers, play a central role in making the race a safe, fun, and memorable day!

GENERAL GUIDELINES:

- BE ENTHUSIASTIC and WELCOMING
- BE SURE TO WEAR YOUR VOLUNTEER T-SHIRT so people know where to go for information & help.
- The 3k starts at 8:15am and the 10k starts at 9:00am. The 3k and 10k run on the Shelburne side of the Iron Bridge; only the 10k runners cross the bridge and run on the Buckland Side. If you are assigned a water station, hose hitter, course monitor, or mile timer role, please stay at your post until the second sweep vehicle (a police cruiser that drives behind the final runner) passes you. Thanks.
- COURSE MONITORS and SPLIT TIMERS ON THE BUCKLAND SIDE are responsible for coordinating their own motorized transportation to their position after their meeting (course monitors) or after the start gun goes off (split timers). There is not enough time to walk or run to the positions so transportation is important to ensure you beat the runners to your post! Course monitors and split timers on the Shelburne side should have enough time to walk/run over to their position. However, if you are unable to, please plan for transportation.
- In case of emergency, find a HAM Radio Operator (there will be about 13 of them throughout the course) and they will contact an emergency personnel.

THE FOLLOWING POINTS SHOULD MAKE YOUR SPECIFIC JOB EASIER:

REGISTRARS: Please greet each registrant individually and make sure s/he knows what to do. If there is any confusion (about prior registration, etc.) give the runner the benefit of the doubt.

T-SHIRT DISTRIBUTION: All runners this year receive a free shirt. We will be managing the total inventory to make sure runners who registered before the cutoff date get the shirt they ordered. The bib label on the backside will give us the info we need: early registrants will have M/L/Y (for Men/Ladies/Youth) and size; later registrants will have date of registration and NO shirt size. You will also verify the runner on the list at your station, check for size if pre-registered, or you will note M/L/Y & size for late registrants on control sheet. Before giving out the shirt, check or cross out the size or date on label. Friday distribution volunteers, please arrive by 4:30 pm; Saturday volunteers, please arrive by 6:30 am, for final instructions from distribution team leader, Connie Clarke.

COURSE MONITORS: Please see your handout for specifics.

MILE TIMERS: Look at the runners and project the time loudly as they come by, read off elapsed time as they pass.

WATER STATIONS: Have plenty of cups of water poured and ready to hand out – place the cup on your open palm and allow the runner to take the cup ; don't move to the runner, let the runner come to you. Encourage the runners! Phrases like, "You're doing great" and "Keep it up" cheer them on. Talk it up, SMILE!

HOSE HITS: Be ready; shout ahead, "Want a hit?" Only spray on front of torso and legs and only if a runner asks! Use medium spray.

FINISH LINE: Everyone can help here! Greet each runner with applause and a smile. And talk it up -- "Great job," "Congratulations," "You did it!" Pat on the back and handshakes are well-deserved. Remind runners about the post-race party at the Pothole Plaza, Deerfield Avenue, and point them in that direction, as you help them remove their timing chip.

CLEAN-UP: All volunteers please help. Remember many hands make light work.

THANK YOU, again, for making this another successful Bridge of Flowers Race/Greater Shelburne Falls Area Business Association event. Be sure to attend the Volunteer Party. Make sure we have your email so we can contact you again!

Email any comments or questions to: shira@shelburnefalls.com or mail to GSFABA, PO Box 42, Shelburne Falls, MA 01370. Phone 413-625-2526

Frequently Asked Questions that you might have to answer!

Where can I park? Runner parking is principally at the Buckland Shelburne Elementary School at 75 Mechanic St, as well as at the Eagles, Salmon Falls Gallery, and along side streets.

Where are the bathrooms? There are 22 bathrooms at the elementary school and 2 port-a-potties outside the school. The Village Info Center at 75 Bridge St will be open for bathrooms. There will be 2 port-a-potties down Deerfield Ave at the Potholes, 4 outside of Berkshire Insurance on the Shelburne side, and 4 across the street from McCusker's Market along the river on the Buckland side.

Are there mile markers & water along the course? Yes, there are mile markers prominently displayed and plenty of water, including people spraying garden hoses.

Where's the Post-Race Awards Ceremony? Potholes at the end of Deerfield Avenue.

Where and when can I view the results?

Where: Greenfield Cooperative Bank on Bridge Street near the finish line

When: Shortly after the first few runners cross the finish line, and then updates every 15-20 minutes.

Where can I get a map of the course? In the race program.

Where is First Aid? A Rescue vehicle follows the last runner. An EMS tent is at the finish line.

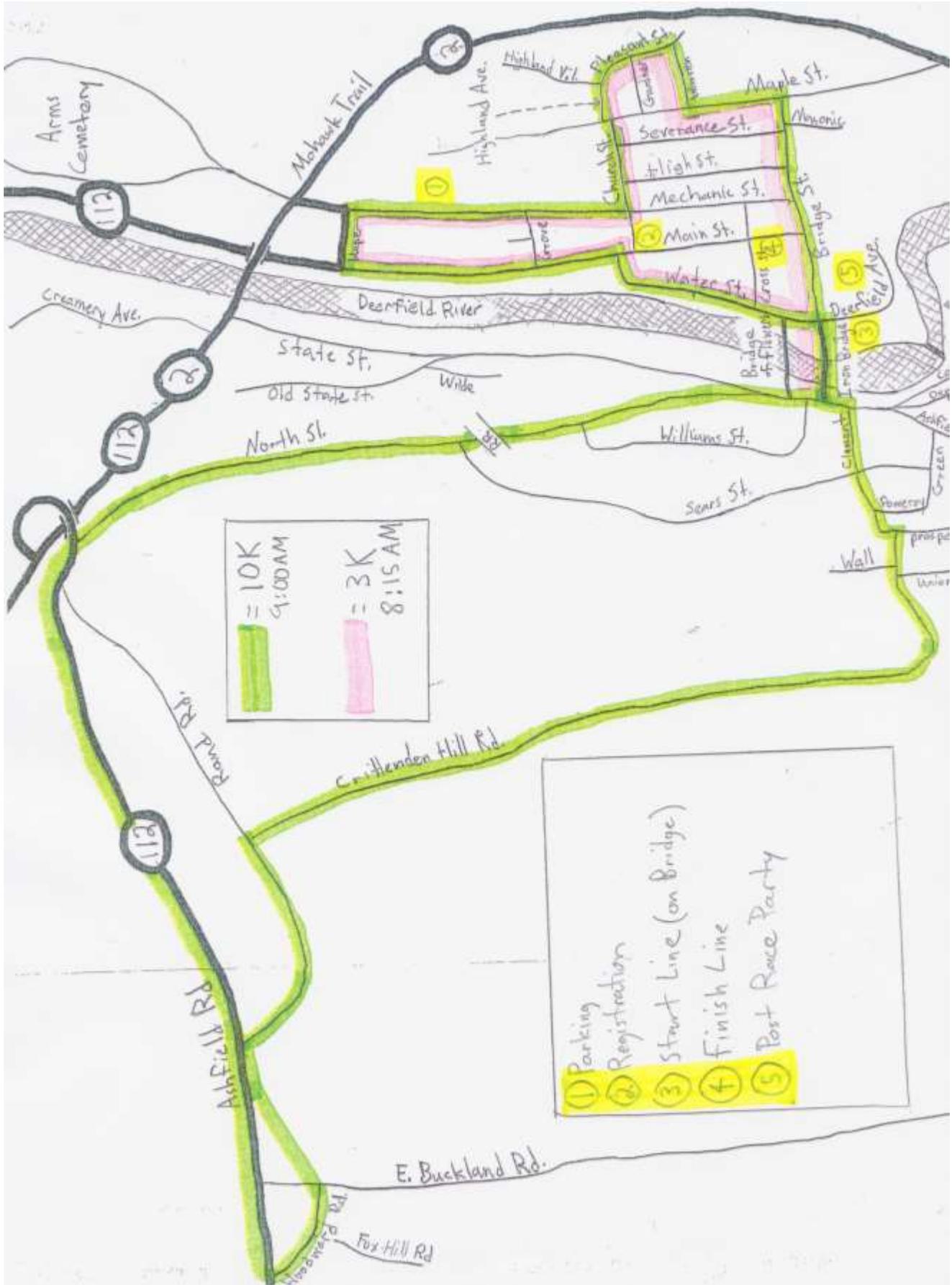
When does the race begin? The Steve Lewis Subaru 3 K Race @ 8:15AM, and the 10K race @ 9:00AM

Is food available for non-runners and non-volunteers at the Post-Race? No. Most Village restaurants are open.

Are massages available? Yes, at Shelburne Falls Yoga Studio on Deerfield Ave.

Are there showers available? Showers are not publicly available.

When and where is the concert? There is no concert this year. There will be live music at the Blue Rock Restaurant after the race.



10K	9:00AM
3K	8:15 AM

- ① Parking
- ② Registration
- ③ Start Line (on Bridge)
- ④ Finish Line
- ⑤ Post Race Party