

Oceans 50 Relay Race 2020
Notes for volunteer positions

Exchange 1: Varn Park: Devin & Ana

The exchange takes place on the sidewalk right by the pedestrian crossing. The next runner (runner 2) needs to wait on the other side of A1A for their runner. Runner 1 does not cross A1A, they wave to them as the “exchange”. This is to prevent crossing A1A in a hurry. There’s plenty of parking here, no need for parking direction. Volunteer records team arrival times.

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Exchange 2: Wadsworth Park: Lu

We will have just one volunteer here. Write down team times and direct parking if needed. We don’t want teams parking close to Hwy 100, they can pull further into the park.

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Exchange 3: Central Park Town Center: Nancy

Parking is very easy and straightforward here. You will write down team times and make sure runners go the correct way when leaving the exchange. They run to the left of the pond on the brick walkway to do the circle around the pond. Then turn left off the brick walkway before completing the full circle.

Exchange 4: Lehigh on Belle Terre: Diane

This exchange is very easy and straightforward. There’s plenty of parking and no crowd control needed. Volunteer will record team times.

Exchange 5: Lehigh on Colbert: Mark & Ellen

One volunteer will record team times and one will help manage cars going in and out and runners crossing the parking entrance.

Exchange 6: Graham Swamp on Colbert: Michael, Polly & Walter

We need at least one volunteer directing cars and runners and one volunteer at the exchange sign writing down team times.

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Exchange 7 & exchange 9: Waterfront Park: Exchange 7: Lisa & Casey

Exchange 9: Megan, Brady & Nicholas

There will be a manager stationed here all day, his name is Chris. This exchange (because it’s 2 exchanges) gets very busy and can be confusing. One volunteer will stay stationed at the exchange 7 sign, recording times and letting runner 8 know where to go. One volunteer will stay stationed at exchange 9 sign, recording leg 9 times and directing runners where to go for leg 10. One volunteer will direct parking (wear vest and use flag). Keep an eye on parking in the paved lot and wave vehicles down to use the lot when it’s open. Otherwise, safely park them along the side of the road.

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Exchange 8: Graham Swamp on OKR: NO VOLUNTEER

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Exchange 10: Linear Park: Larry, Sue, Jackie & Martin

One volunteer needs to stay stationed near the bridge by the Palmetto Trail to make sure runners know where to go. The runner coming in to the exchange, which is runner 10, will come down St Joe's Walkway, go left over the bridge (volunteer here) and go immediately left onto the Palmetto Trail (volunteer here). The runner leaving the exchange, runner 11, will depart the exchange on the paved path around the playground and go over the bridge and turn left. Another volunteer will stay stationed at the exchange sign and record team times.

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Exchange 11: Jungle Hut Park: Kirsten & Nancy

Have one volunteer stay stationed at the exchange to record times and another volunteer (Kirsten) will be at the corner of Jungle Hut Rd and Hammock Dunes Parkway directing runners. They come from 2 different directions here so it's important you know where to tell them to go and also prevent runners from running in front of cars, there are not stop signs going N/S.

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Finish line: Mala Compra Park

The first shift will help unwrap medals, set up tents, tables and other finish line supplies. Jen will be the manager here and will assign duties, such as handing out medals, directing runners, parking, serving food, keeping water filled, etc. The second shift will relieve the first shift volunteers and then will help clean up at the end.

1st shift: Owen, Lucy, Kayli, Stacy, Danette, Jim, Sally

2nd shift: Megan, Jessica, Lisa

THINGS TO KNOW:

- Heather will be meeting all of you at your exchanges. She will not have much time at each exchange so please be on time and know she will be in and out quickly, but ask any questions you have while she's there. Her number is 508-479-8856. Call her on race day if anything comes up you need help with. If you can't get in touch with her you can call me 352-514-1283. Please call Heather first unless it's an emergency.
- Please do not leave your exchange without the sweeper relieving you. If he has not arrived and your shift has ended and you must leave, please call Heather or me.
- If it is the end of your shift and there are teams that have not come through yet please call me asap. 352-514-1283.
 - For those working exchanges 8, 9, 10 and 11: There is a chance there will be teams that are running behind. In that case, they will get my permission to double up their runners. This means they may have runners that run legs 8 and 9 at the same time (for example). Those teams should alert you that they have permission to do so. You'll just write down the time the runner leaves your exchange, even though you won't have 2 runners make an exchange.
- If you are directing cars or doing crowd control please wear a safety vest and/or use an orange flag.

- Use good common sense when it comes to traffic and people. If you see an unsafe situation please step in. Sometimes runners and support crew get so caught up in the event they forget there is also a lot of traffic. We want to keep people out of harm's way.
- Teams are encouraged to social distance from other teams and also masks are suggested, but not required. If runners get closer to you than you're comfortable with please politely ask them to step back and give you distance. They will all be instructed to do so but sometimes people get caught up in the event and forget.

THINGS TO BRING:

- A chair if you can't stand for your entire shift
- Water (please use reusable water bottles, we are not providing single use bottles anymore)
- Shade (tent or umbrella) if you think you need it. Some areas are not shaded.
- Weather appropriate clothes and shoes. Raincoat! This event is rain or shine.
- Phone or watch to record times