

Oceans 50 Relay Race 2022
Volunteer positions and duties

Exchange 1: Varn Park: Dane & Margaret 6:15a-9:10a

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: Mark & Ellen 7:10a-10:15a

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: Lehigh Trailhead on Belle Terre: Diane & Christina 8:10a-11:10a

This exchange is very easy and straightforward. There's plenty of parking and no crowd control needed. Volunteer will record team times. Make sure runner 4 goes down Lehigh Trail!

Exchange 4: Lehigh Trailhead on Colbert Lane: Michelle & Wynelle 8:40a-11:40a

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

Exchange 5: Graham Swamp on Colbert: Laurey & Sandra: 8:45a-12:15p

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

Exchange 6 & 8: Waterfront Park: Martin & Gayle 10a-1:10p Alana & Jennifer 11a-2:15p

There will be a manager here to help get the exchange started, his name is David. He won't be there all day, he leaves to direct runners on leg 9. This exchange (because it's 2 exchanges) gets very busy and can be confusing. One volunteer will stay stationed at the exchange 6 sign, recording times and letting runner 7 know where to go. One volunteer will stay stationed at exchange 8 sign, recording leg 8 times and directing runners where to go for leg 9M. 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.

Exchange 7: Graham Swamp on OKR: Dane 10:20a-1:30p

We have just one volunteer here, it's a very straightforward easy exchange. Volunteer will record team times.

Exchange 9: Linear Park: Jackson, Larry & Sue: 11:20a-2:20p

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 9, 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 10, 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 10: Jungle Hut Park: Andrea & Terry: 11:40a-3:25p

Have one volunteer stay stationed at the exchange to record times and another volunteer 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 no stop signs going N/S.

Exchange 11: Old Salt Park: Patrick: 12p-3:30p

We have just one volunteer here, you will record team times. This exchange is straightforward and teams are in and out quickly.

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Finish line: Bay Drive Park: Catarina, Larry, Laura, Haley: 1:30-4:30p Kim W., Jennifer 2p-5:30p

Volunteers 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, clean up etc.

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 (a few minutes early!) 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.

THINGS TO BRING:

- A chair if you can't stand for your entire shift
- Water (please use reusable water bottles, we do not provide single use plastic bottles)
- 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

Be ready to have fun and cheer on the runners!