



06/03/2010

Volunteer Information

We are looking for volunteers the weekend of September 25-26 for the 2010 Peregrine Charities Triathlon. This event is taking place at George Wyth State Park in Waterloo, IA. The packet pickup and Race Expo will occur on Saturday, September 25th while the actual race occurs on Sunday, September 26th.

~ To run a great race we need at least 150 enthusiastic volunteers ~

Saturday, September 25 (9:00 am – 7:00 pm)

- ✓ **Set Up** - Help set up race courses.
 - Swim: [9:00 am – 11:30 am]
 - Bike: [9:00 am – 11:30 am]
 - Run: [9:00 am – 11:30 am]
 - Expo: [9:00 am – 11:30 am]
 - Registration: [9:00 am – 11:30 am]
 - Finish Line: [9:00 am – 11:30 am]
 - Transition Area: [9:00 am – 11:30 am]
- ✓ **Registration** - Athletes must pickup goodie bags and race numbers and check bikes into transition area.
 - Three two-hour shifts are available.
 - [2:30 - 4:30 pm] [4:00 pm – 6:00 pm] [5:00 - 7:30 pm]

Times are subject to change based on when the athletes finish each portion of the race

Sunday, September 26 (6:00 am - 3:00 pm)

- ✓ **Parking** – Help park cars.
 - [6:00 am – 7:30 pm]
- ✓ **Timing Chip Pickup/Body Marking** – Help distribute the timing chips to the athletes and mark their numbers on their bodies.
 - [6:15 am – 7:15 am]
- ✓ **Bike** - Help direct racers on the bike route at intersections and turns.
 - [7:30 am – 11:30 am]
- ✓ **Run** - Help direct racers on the run route at intersections and turns.
 - [8:15 am – 12:30 pm]
- ✓ **Transition Area** - Help protect athletes' belongings and direct athletes on the proper path through the transition area.
 - Three shifts are available:
 - [6:00 am – 9:00 am] [8:30 am – 11:30 am] [11:00 am – 1:30 pm]
- ✓ **Aid Stations** - Help pass out food and fluids to athletes as they pass through the aid station on the courses.
 - Bike Course (1 Aid Station): [7:45 am – 11:00 am]
 - Transition Area (1 Aid Station): [8:30 am – 11:30 am]
 - Run Course (3 Aid Stations): [8:15 am – 12:30 pm]
 - Finish Line (1 Aid Station): [9:00 am – 12:30 pm]
- ✓ **Tear Down** - Help tear down the race course after the triathlon is complete.
 - Swim Course: [9:00 am – 11:00 am]
 - Bike Course: [11:00 am – 1:00 pm]
 - Run Course: [12:00 pm – 2:00 pm]

Times are subject to change based on when the athletes finish each portion of the race