

## Volunteer Locations, Times, Instructions and Helpful Hints

### **Pole Pedal Paddle - Alpine Start Gate Keepers**

Check in with:

Time: 7:30 am – 12:30pm

Place: ON SNOW Meet at the bottom of Pine Martin chair at Main lodge. There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather, rain/snow/sun; water, sunglasses, gloves, hat, snow boots, snack, sunscreen, energy, cell phone for communicating with other gate keepers and the Alpine start captain.

Instructions: The Alpine Start captain will give you instructions. You will be responsible for watching that competitors do not blatantly disregard the gates set up for the Alpine course. You will be given a paper and pencil to record names and numbers of those completely disregarding the course or endangering others. These names will be turned into the Alpine Start Captain as it can mean a disqualification. Some of you will also be needed to answer questions.

### **Pole Pedal Paddle – Alpine/Nordic Exchange**

Check in with: Jim Baker

Time: 7:00am - 12:30pm

Place: ON SNOW Meet at the bottom of Pine Martin Chair (to the right as you face the mountain), there will be a sign for volunteer check-in.

What to bring: Appropriate clothing for weather rain/snow/sun. Snow boots, hat, gloves, sun glasses/ goggles, sunscreen, water, snack, energy.

Instructions: You will be given specific instructions by the Alpine/Nordic Captain.

You will help set up fencing for the shoots that the various divisions to ski/snowboard into. You will direct skiers/snowboarders into the appropriate area where their teammate will be waiting for the Nordic exchange. You may need to help fallen

skiers/snowboarders in order to keep traffic flowing.

### **Pole Pedal Paddle –Nordic Course**

Check in with: Todd Miller

Time: 8:00am – 1:00pm

Place: ON SNOW The Nordic Course starts at the bottom of the Alpine course at the north- west end of the main parking lot. There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for weather rain/snow/sun, all your equipment for Nordic skiing, as you will be on the course. Bring water, snack, sunscreen, cell phone, etc.

Instructions: You will be given specific instructions by the Nordic Course Captain.

You will be working the course, helping fallen skiers, directing wayward skiers, and other duties to help along the course.

### **Pole Pedal Paddle – Nordic/Bike Exchange**

Check in with: Gene Hyde

Time: 7:00 a.m. or 8:00am-1:00pm

Place: Meet at the main parking lot between the Main lodge and the Nordic center.

There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather; rain/snow/sun; hat, gloves, appropriate shoes, sunglasses, sunscreen, water, snack, energy, sense of humor

Instructions: You will be given instructions by the Nordic/Bike exchange Captain.

You will be helping to set up the exchange area prior to the start of the race. You will help direct competitors and their teammates through the exchange zone.

You will keep the course clear and safe for competitors.

Also, you will be helping to tear down the exchange area after the conclusion of the race.

For set-up on Friday afternoon-evening:

Times 5 p.m. to about 7:00 p.m.-Mt. Bachelor West Village parking lot.

### **Pole Pedal Paddle – Bike/Run Exchange**

Check in with: Brad Stankey

Time: 9:00am – 2:00pm

Place: Meet at the corner of Colorado St. and Emkay (by the Original Pancake House) Colorado St. will be blocked off from Century Drive to Columbia St.

What to bring: Appropriate clothing for the weather, rain/snow/sun; sunglasses, jacket, hat, water, snack, sunscreen, energy, sense of humor.

Instructions: Check in with your Bike/Run exchange captain, who will give you instructions. You may be helping with crowd control, helping and directing the cyclist to their teammate, putting bikes into bike racks, or possibly (not for the faint of heart) helping the cyclists as they come into the exchange on their bike.

### **Pole Pedal Paddle – Run Course**

Check in with: Brett Prunty

Time: 9:00am – 3:00pm

Place: Meet in the parking lot of MBSEF (on the corner of Century Dr. and Donovan)

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, snack, chair, (reading material?)

Instructions: You will be given directions by the Run Course Captain. You will be stationed at various intersections along the run course to help with traffic direction, and participant safety. You will also direct participants where to run if they are in doubt about the course.

### **Pole Pedal Paddle – Run/Canoe/Kayak Launch Exchange (Boat Put-in)**

Check in with: Curt Bondurant and Kay Pierce

Time: Friday – 2:00pm – 6:00pm, 5:00 p.m.-8:00 p.m.

Saturday – 6:30am – 10:30am OR 9:00am – 3:00pm

Place: Meet at Riverbend Park adjacent to the Bend Parks and Recreation Office at 799 SW Columbia (Corner of Columbia and Shevlin-Hixon Rd). Look for the white tent next to the restrooms for volunteer check-in. (You will see all the canoes/kayaks).

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, a snack, a lawn chair and a sense of humor.

Instructions:

- 1) Friday/Saturday Gate Guards-You will direct participants where to place boats and help with foot traffic flow.
- 2) Friday-For the boat positioning you will help direct participants to place boats according to division, and help with traffic flow.
- 3) Saturday-For Crowd Control, you will help to keep spectators out of the boat exchange area so that spectators are not interfering with competitors and direct runners to help find their boat teammates.

### **Pole Pedal Paddle – Canoe/ Sprint Exchange (Boat Take-out)**

Check in with: Doug Korne

Time: 10:30AM – 2:30, 3:30PM

Place: Meet south of the Columbia Street Bridge, on the west side of the river. There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, a snack, and a sense of humor.

Instructions:

1. For Gate Guards-You will direct participants where to place boats and help with traffic flow.
2. For Vested Paddle Carrier-You will make sure each participant's vest and paddles are carried with their boat from the water to the land placement.

### **Pole Pedal Paddle –Finish/Sprint Course**

Check in with: Bill Hosier

Time: 10:00am – 3:00pm

Place: Les Schwab Amphitheater, near the finish line banner. There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, and a snack.

Instructions: The Finish/Sprint captain will give you instructions. Volunteers along the sprint course will help keep the course clear for the competitors and direct spectators when it is safe to cross the course.

### **Pole Pedal Paddle – Timing/Finish**

Check in with: Doug Cleavenger

Time: 10:00am – 3:00pm

Place: Les Schwab Amphitheater, There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, and a snack.

Instructions: The Timing/finish Captain will give you instructions. Volunteers will help in several capacities, including pulling race tag numbers from competitors, helping to run information to the scoreboard keepers, help with hand timing, and help to keep competitors in order of finish.

### **Pole Pedal Paddle – Traffic/Parking**

Check in with: Tami and Kaylynn

Time: 9:00am – 3:00pm

Place: Meet at the DMV parking lot. There will be a sign for volunteer check-in.

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, and snack. (Depending on where you are placed along the course, you may want to have a chair and possible reading material)

Instructions: The Traffic/Parking captain will give you specific instructions and place you along the course. Volunteers will help to keep competitors safe from traffic and help to direct drivers to streets which are not blocked off. The captain will provide maps for the volunteers to show drivers or hand them out. (You get to watch all of the competitors come down the course)

### **Pole Pedal Paddle – Awards/Mugs**

Check in with:

Time: 9:30am – 3:30pm

Place: Les Schwab Amphitheater, near the stage

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, and a snack.

Instructions: Set out and sort mugs according to sponsor. Volunteers will be responsible for confirming the winning teams and handing out award mugs to the top 3 finishers in each division.

NOTE: WATER/FOOD STATIONS HAVE DIFFERENT TIMES FOR VOLUNTEERS TO ARRIVE. PLEASE BE SURE OF THE TIME FOR YOUR LOCATION.

### **Pole Pedal Paddle – Water/Aid Stations**

Check in with: Each station will need to be set up by the volunteers.

Instructions and supplies will be at each location. See Run course

Map for specific location of stations.

Time: Nordic/Bike exchange: 8:00am-1:00pm

Bike/Run exchange: 9:00am- 2:00pm

Mt. Bachelor Village: 9:00am-2:30pm

Braeburn Turnaround: 9:30am-2:30pm

Healy Bridge: 10:00am-2:30pm

Run/Canoe exchange: 10:00am-3:30pm

Canoe Takeout: 10:00am-3:30pm

Place: See locations listed above

What to bring: Appropriate clothing for the weather, rain/snow/sun, sunglasses, hat, water, sunscreen, and a snack.

Instructions: All supplies and instructions will be placed at the Water/Aid stations.

Volunteers will be responsible for filling cups of water and sports drinks for competitors and handing them out.

Note: In addition to volunteers, Aid Stations will have Ski Patrol personnel to handle any emergencies.

### **Pole Pedal Paddle – Registration (Packet Pick-Up)**

Check in with: Carol Nelson

Time: Friday 10:30am – 3:30pm

Friday, 3:00pm – 8:00pm

Place: 375 SW Powerhouse Rd., Ste. 110. In the Old Mill District across from REI.

What to bring: Water, a snack, comfortable shoes, energy, smiles

Instructions: The Registration Captain will give you instructions. Volunteers will be responsible for handing out team packets to identified team captains.

### **Pole Pedal Paddle – Assemble Competitor Packets**

Check in with: Loren and Karen Cogdell-Tell the person at the front desk you are volunteering for packet assembly.

Time: Tuesday, May 11h: 10:30am-2:00pm

Wednesday, May 12th: 9:30am-12:30pm

Thursday, May 13th: 9:30am-12:30pm

Place: The Mt. Bachelor Sports Education Foundation (MBSEF) office @ 563 SW 13th Street, Suite 201

What to bring: Water, snacks

Instructions: You will be given instructions on the procedure to compile and package the race information needed for the individual/team in each racing division.