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# SILVER CIRCLE SPORTS EVENTS

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[www.silvercirclesportsevents.com](http://www.silvercirclesportsevents.com)

## Course Marshal & Aid Stations

### Course Marshals

Please check in with the volunteer coordinator at designated time under the registration tent. We will have a very brief meeting where you will be provided a safety vest to be worn at all times. You will need to walk or drive to your course marshal assignment. Please leave for that area no later than emailed time.

Course marshals should assist runners with directions on the course and cheer them as they pass. Please take the course marshal map with you on course. The race may be led by a vehicle so watch for it approaching.

The roads are public roads and there may be cars on it. Vehicles have the right of way at all crossings. Do not stop a vehicle to allow a runner to pass.

### Aid Stations

#### Set up

- Fill cups half way with water and sports drink when you get to the station
- Hold the cups at the bottom and NOT at the rim of the cup when handing to runners
- Call out water or sports drink to runners as they approach. The runner will tell you what they want
- Keep area clean throughout race. When there is some down time, pick up cups/wrappers runners throw on the ground.
- Make sure you have enough water and sports drink filled at all times

#### Clean up

- After race is over, empty cups
- Please pick up all cups and wrappers the runners leave behind
- Do not empty orange water jugs (we may need it at the finish line)
- If water is left in 5 gallon bottles, put cap back on
- Empty garbage and tie garbage bags
- Collapse table and put water jugs on top of the table and garbage next to table
- Wrap all unused cups back in bag

A sweep vehicle will come through releasing all of the aid stations.

### Medical Emergencies

If there is a medical emergency, CALL 911 and follow their instructions then call the race director.

If an athlete needs basic medical care, proceed to the nearest aid station and call the race director. We will send out staff to assist. There is an automated external defibrillator (AED) and first aid kit located on the timing trailer.

In an event of an emergency call 911 NOT the race director

**Important phone numbers**

Race Director	Sean K. Osborne	262-327-4472
Event Coordinator	Katie Osborne	262-434-0447
Police		911
EMS emergency		911

Encourage athletes as they come through the water station by giving them a big cheer or a loud applause. They will appreciate it.