
SILVER CIRCLE SPORTS EVENTS



www.silvercirclesportsevents.com

Volunteer Instructions

Course Marshals

Please check in with the volunteer coordinator at designated time under the registration tent. We will have a very brief meeting prior to the start of the race. Please see the volunteer email for the time. You will need to walk or drive to your course marshal assignment. If you are unable, please contact us and we will arrange for a driver to take you. 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. If there are runners crossing, please stop the vehicle until runners cross.

Aid Stations

Set up

- Fill cups half way with water and sports drink when you get to the station.
- Cover 75% of the table with water cups and 25% with sports drink.
- 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 and place in garbage can.
- Please pick up all cups and wrappers the runners leave behind.
- Do not empty any of the 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.

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, 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.

If you need any additional supplies, call the race director and we will bring them to you.