



IRONMAN 70.3 Boise – Volunteers

We are seeking volunteers for the 70.3 Triathlon. The specific positions are RUN COURSE ESCORTS. It's definitely the best volunteer position because we get to be a part of the action. The event is Saturday June 12th.

RUN COURSE ESCORTS are on mountain bikes and provide two functions: #1 Safety for runners and #2 Lead the top 3 men and top 3 women (alleviate confusion for racer and officials). Specifics are listed below.

If you have any questions please email: ejensen@aceco.com

Thanks, Eric Jensen 850-2627

RUN COURSE ESCORT CAPTAINS: KEVIN DONOVAN & ERIC JENSEN

IRONMAN 70.3 BOISE: JUNE 12, 2010

VOLUNTEER POSITIONS: RUN COURSE ESCORTS

total: 16 volunteers, on mtn bikes

Two shifts of Run Course Escorts as detailed on page 2 – Group1 & Group2

RUNNER ESCORT CAPTAINS:

Kevin Donovan: 631-2219 kp_donovan@hotmail.com (Race Day Runner Escort Manager)

Eric Jensen: 850-2627 ejensen@aceco.com (Volunteer Group Organizer)

RUN COURSE ESCORT INFORMATION MEETING/ COURSE PRE-RIDE:

June 10th (Thursday) 6:30pm - Greenbelt at North side of 8th Street foot bridge

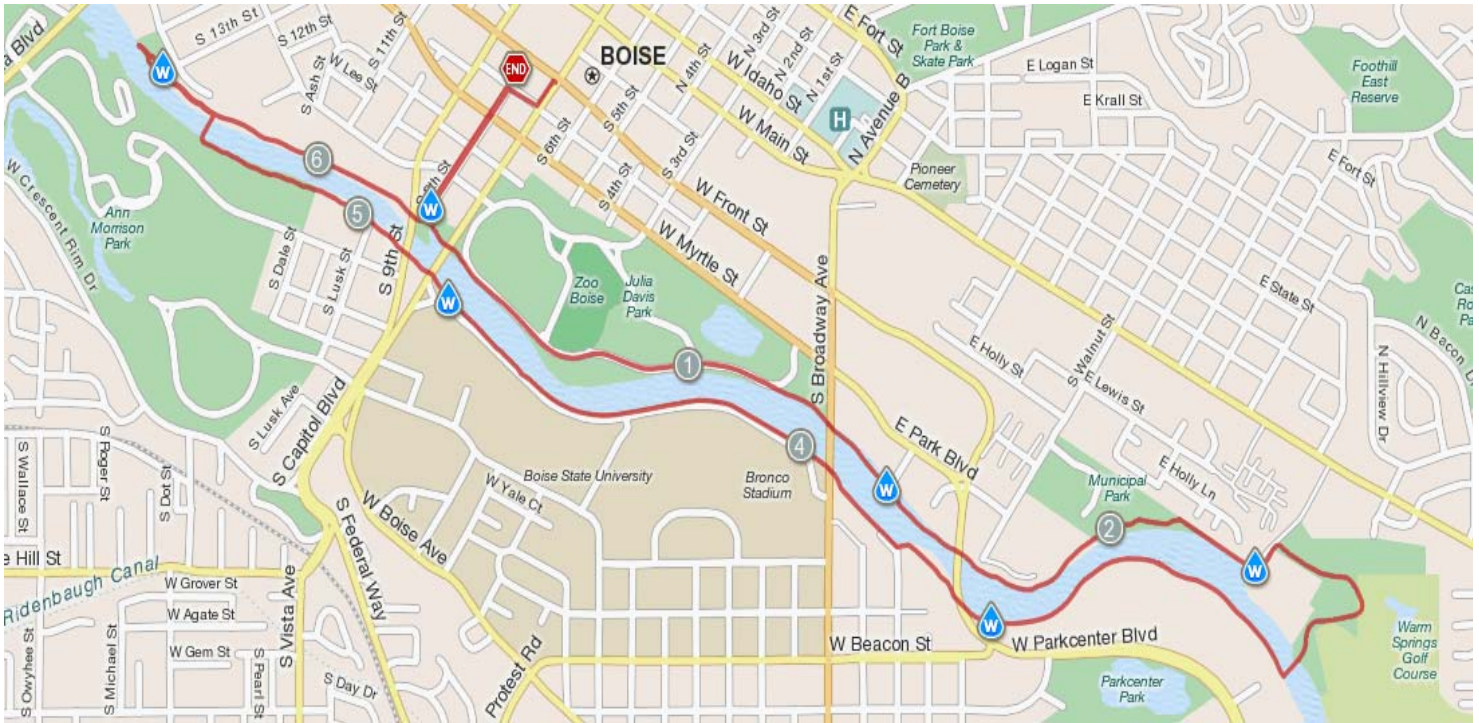
Meet on your bike. We will have a short meeting, review and ride the course. This might sound excessive, but we want to do this right and make sure everyone knows the course and their job. If you can't make this meeting time, but still want to volunteer, we can set another meeting time in addition to make sure you are trained for this position.

RUN ESCORT DESCRIPTIONS:

- **GROUP 1: Lead Men/Women Cyclists: 4:30PM- 7PM**
- 6 total cyclists on Mountain bikes to lead the top 3 men and women. This is for spotting purposes for race officials as it gets very confusing during double loop run courses.
- Cyclists must know the run course.
- Cyclists will be on Mountain bikes, wear helmets and stay a minimum of 25 yards in front of the runners.
- Cyclists are not allowed to give any assistance to the runners unless there is a medical emergency.
- Cyclists should yell out as they approach an aid station or an intersection letting everyone know that a runner is approaching.
- Cyclists will be given a sign to attach to the front of their bike which will signify the place and sex of the runner they are leading. They will receive a race t-shirt and asked to wear it.
- Volunteers to come prepared for all weather conditions- bring jackets, sunscreen, caps, sunglasses, appropriate shoes...

- **GROUP 2: Run Course Sweep Assist: 9:30- 11:30PM**
- 10 cyclists to follow the last 10 runners. They are predicted to be running at dusk to dark.
- Cyclist will begin escorting runner's beginning their second lap on 8th St after the turn around, Kevin will ensure that we are organized and prepared at appropriate time.

- Cyclists will provide runner with running headlamp to wear. Ironman will provide these headlamps.
- Cyclists must be equipped with their own cycling lights to assist runner with visibility. If you want to do this but do not have a high power bike light, let us know and we can find one to borrow.
- The rider shall ride 10-20 feet behind the runner and to the side when possible.
- Volunteers to come prepared for all weather conditions- bring jackets, sunscreen, caps, sunglasses, appropriate shoes...



Boise 70.3 Greenbelt Run Course, two laps = 13.1 miles

TO VOLUNTEER:

Send Eric Jensen an e-mail: ejensen@aceco.com

Please provide:

- Name
- Contact info: email & cell phone
- T-shirt size
- Do you have a high powered bike light?
- Can you make the June 10th 6:30pm meeting? If not what works for you?

Thanks again, Eric Jensen & Kevin Donovan