



Loop the Vedder Half Marathon & 10K

Saturday, October 31, 2020

Volunteer Guide

THANK YOU, THANK YOU, THANK YOU!!

We want to start by sending out a huge THANK YOU for generously volunteering your time to spend an exciting (Halloween!) day on the Vedder Rotary Loop Trail. We are extra excited this year to be able to provide an experience for runners in what has been an extremely trying time for everyone. The safety of our runners and volunteers is of utmost importance and we have committed to following health and safety guidelines to the best of our ability in planning for this in-person run. It is important that we all follow the health and safety recommendations and guidelines as we work together in delivering this race format this year.

We encourage you to enjoy yourself and have fun with your station – costumes and signs are most welcome and might even be considered a must on Halloween! It's a day to celebrate our awesome urban trail and running community and show your great Chilliwack spirit! Every one of you is what makes our community great! This day absolutely would not be possible without your support and encouragement and we truly appreciate each and every one of you!!

In the words of everyone's favourite Provincial Health Officer – “Be kind, be calm, be safe” out there and be sure to add your comfortable level of FUN to the mix!

The Peaks-N-Valleys Team

Race Day Contact for volunteers:

Tamara Snell, Volunteer Coordinator
1-604-703-4630

On race day the volunteer coordinator will be stationed at the start and finish area near Vedder Park/Bridge and will rotate to stations along the route throughout the day, as required.

Email Tamara volunteer@peaksnvalleys.ca before race day if you have any questions, concerns or comments.

NO EMAIL RACE DAY. IF YOU NEED TO GET IN CONTACT: TEXT MESSAGE.



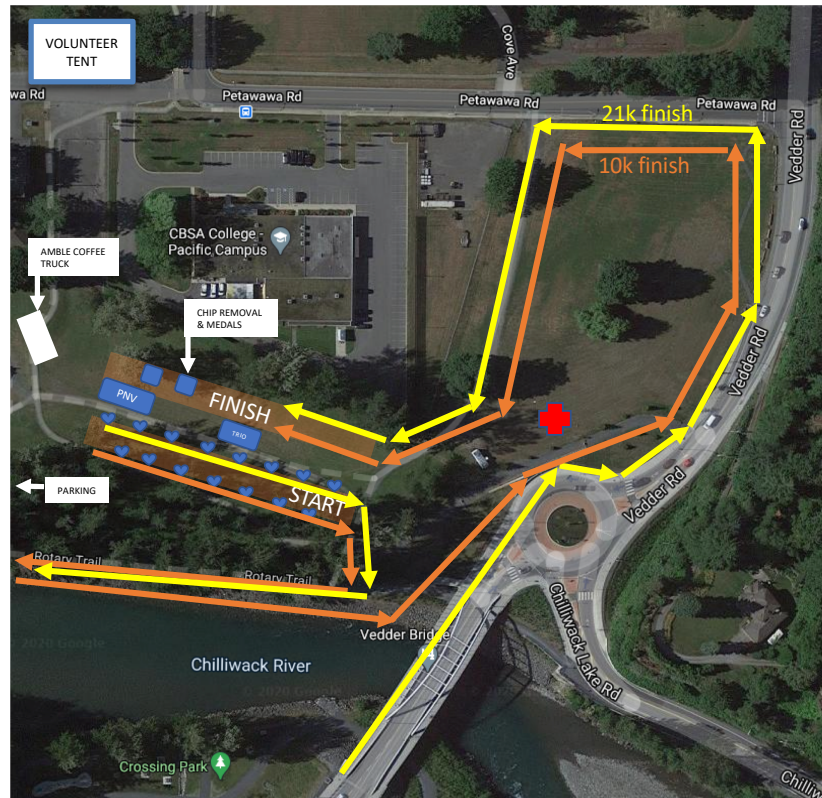
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Start & Finish Areas

LOOP THE VEDDER
HALF MARATHON
& 10K
OCTOBER 31, 2020





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Volunteer Check-In

Race Day Check-in

- Check-in will be at the corner of Petawawa and Sicily Roads (as you enter to Vedder Park parking area).
- Beginning at 7.15am, depending on your volunteer position assignment (see details below).

**May vary based on volunteer position assignment

**See volunteer assignment and required check-in time

Race Day Parking for Volunteers:

Depending on your assignment for the day, you can park closest to your volunteer location after stopping by the volunteer tent to pick up your crew package. The majority of volunteer locations are adjacent to a parking area or are within a short walk.

If you're at an aid station there are parking areas located at or near the aid station locations.

Aid Station A: Peach Creek Trail & foot bridge intersection – located approx. 100m east of Hopedale parking lot.

Aid Station B: Keith Wilson Bridge – there is parking at the bridge.

Aid Station C: End of Wilson Road, past dyke at the river junction. Parking is available at the end of Wilson Road.

Start/finish areas: parking available at Vedder Park or there is an over flow parking lot at UFV Lot 7. Please note that UFV parking is pay parking.

Volunteer Gear:

You will receive an orange race crew t-shirt that is yours to keep, along with a race crew bib (similar to a racer bib). Please wear both on race day so that participants can identify you as race crew. Your bib is also your ticket for volunteer freebies and discounts, so hang on to it!

Health & Safety PPE:

All package pickup, aid station volunteers and volunteers at the start and finish line are required to wear masks and gloves for the duration of their time on course. Course marshals, please use your discretion as necessary. Sweepers are not required to wear masks, but may prefer to wear gloves for gathering anything along the way.

It is requested that you arrive at the volunteer tent with a mask. If you do not have one, a disposable mask will be provided. Gloves, hand sanitizer and cleaning wipes will be provided at all stations and will be available from the volunteer tent.



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Weather:

We're hoping that it will be a perfect sunny fall day, however this is the West (wet!) Coast and we must be prepared for any kind of weather. There will be a 10x10 tent at each aid station along the route. You may also consider bringing a chair if you choose – chairs will not be provided so pack what's comfy for you. Aid stations and course marshals are all located in close range to parking.

Course marshals will not have a tent provided, but are welcome to bring and set up your own type of shelter. If you wish to do so, make sure it is clear of the trail and not damaging any vegetation. Chairs are also welcome. The day will be a longer version of a regular race day!

Community Spirit Gear:

Costumes are highly recommended, and so are cowbells, music for your aid station or course marshal position, or any other fun things you want to bring or do to spice up your day and to encourage and make the runners laugh or smile! Signs are always greatly appreciated too! HAVE FUN!! BE ENCOURAGING!

Important notes:

Race Format: The earliest time a runner can start is 8am and the latest time a runner can start is 1.59pm. 25 runners per distance are registered to start within each hour. Runners will not be permitted to start outside of their starting cohort. Race time will be based on chip time. Winners will not be announced until after the last runner crosses the finish line. Results will be updated online every 30 minutes.

Course Marshals/Aid Station Volunteers/Sweeps: if you are unsure of your position spot, it's a good idea to get in touch ahead of time to confirm. If you are able to go to your volunteer spot ahead of time and become familiar with where you need to go, it will make race day a breeze!

Photographers: There will be 3 race photographers. 1 will be roaming the course throughout the day, 1 will be stationed on the first half of the 10k route where all racers will pass by, and 1 will be located at the start and finish areas. Make sure to smile and make things exciting if you come across a photographer during the day!!

Race Cut-offs: Given the format of the race this year there are no cut-off times for either distance. Official course timing will end at 4pm or when the last runner crosses the finish line, whichever occurs first. When the sweepers pass through your location, you may pack up your station.



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Volunteer Assignments:

Package Pick-up: (Friday October 30 1-6pm @ Garrison Running Co.)

- To minimize touch points and time spent at package pick-up, race packages will be pre-packaged in bags this year and labelled with racers name (organized in alphabetical order by last name).
- Package pick-up will be outdoors. Please dress accordingly. There will be two tents set up outside of Garrison Running Co. One tent for each race distance.
- Participants picking up packages have been emailed instructions and health & safety guidelines and will be expected to follow the same with regard to physical distancing and masking when distancing is not an option.
- **All racers must provide a COVID-19 health screening form in order to pick up their race package. No screening form, no package. NO EXCEPTIONS.** The forms will be emailed to participants with preference to have them pre-filled (blank forms will be available if necessary). An electronic copy is acceptable, but will need to be emailed to waiver@peaksnvalleys.ca on site to ensure it is on file if a hard copy is not provided. Volunteers will have access to this email at package pick up for verification purposes.

AID STATIONS: All morning aid station volunteers **must check in at the Volunteer tent** (at the time specified by aid station) to pick up volunteer shirts and any equipment or supplies required for your position. Aid station infrastructure (tent, table, water jugs) will be delivered to your aid station site ahead of time.

Aid station crew are to wear gloves and masks. Aid station crew should be providing all amenities to runners. Runners are not to touch the aid station materials unless provided to them by a crew member.

All aid stations must remain open until the Sweepers pass through! The sweepers will leave anything they have picked up along the way to be brought back to volunteer headquarters. Once the sweepers have past, you may close down the aid station and pack all supplies. When the sweepers pass the first aid station, that aid station must notify volunteer co-ordinator that station equipment is ready for pick up.

Assign one person at the aid station to notify the volunteer coordinator via text when:

- A) There is any emergency or first aid required (unless it is dire, then call 911 directly)
- B) When the first runner passes the aid station
- C) When the sweepers have gone through.



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Aid Station A:

Both half marathoners & 10k runners will pass this station. This is the first aid station for both groups and only aid station for the 10k. Do not take down this aid station until both the 21k & 10k sweepers pass through.

This is the split point of the 10km and half marathon. Ensure you direct runners in the correct direction:

- 10km runners to be directed left across the wooden bridge back to main Rotary Trail from Peach Creek Trail.
- 21km runners to be directed straight toward Hopedale Rd and onto the Blue Heron Reserve.

Location: Three-way junction of Peach Creek Trail and Vedder Rotary Trail (at wooden foot bridge) approximately 100m east of Hopedale Road parking area.

Check in at Volunteer tent by 7.30AM, set up Aid Station by 8:10AM

Tent and table will be set up, pour water and Gatorade into cups, hand out water and Gatorade as runners approach. Remember, there will be less runners approaching at once and will be staggered throughout the day. Pour no more than 50 cups per hour.

*****direct runners the right direction – this will be important as the half marathon and 10k separate at this point**

Aid Station B:

Only half marathoners will pass this aid station.

Location: Keith Wilson Bridge (~10km)

Check in at Volunteer tent 7.30am, set up Aid Station by 8:20am

Tent & table will be set up, pour water and Gatorade into cups, hand out water and Gatorade as runners approach. Remember, there will be less runners approaching at once and will be staggered throughout the day. Pour no more than 50 cups per hour.

*****direct runners – under Keith Wilson bridge and up, around and across bridge to South side connection**



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Aid Station C:

Only half marathoners will pass this aid station.

Location: end of Wilson Road in Yarrow at Dyke - approx 13.5km

Check in by 7.45AM, set up Aid Station by 8:30AM

Tent & table will be set up, pour water and Gatorade into cups, hand out water and Gatorade as runners approach. Remember, there will be less runners approaching at once and will be staggered throughout the day. Pour no more than 50 cups per hour

- ***direct runners – to the south river trail
- *****last aid station -- be encouraging!!!!**

Course Marshals:

**Stay in your spot until the time listed OR until the sweepers come through*

***Morning crew volunteers check in at the Volunteer tent with enough time to get in place for your spot (anywhere between 7:15am and 8:30am). The start time listed below is the time the first shift needs to be at your station. Please ensure you leave enough time between check in and station start time. You will be required to physically distance at the volunteer tent, so you may have to wait in line.*

CM @ Lickman Rd. on trail (8am) – directing all runners to Peach Creek Trail (this is the re-routed portion to accommodate one way trail traffic on Peach Creek Trail)

CM @ Lickman Road (8am) – Road Crossing to entrance of Peach Creek Trail - traffic vest and signs for first shift to pick up at volunteer tent

CM @ Blue Heron Reserve (8.10am) – at four way crossing on Vedder Loop Trail

CM @ Keith Wilson bridge (8.20am) - opposite side of bridge from aid station

CM @ Street Creek Bridge (8.30am) – south side of river, after Wilson Road

CM @ Camp Creek Bridge (8.40am) – south side of river, after Vedder River Campground

CM @ Top of Crossing Park Hill (8.50) – on Vedder Mountain Road where runners will come up out of the trail onto the sidewalk. Runners to be directed to stay on the sidewalk. The road is not closed and there will be no traffic management.

**point people down the sidewalk toward Vedder bridge*

Sweepers: (to pick up flagging/signs also)

Check in at volunteer tent by 1.30pm

Half Marathon sweepers: start at 2pm, only signs pertaining to half marathon after Aid Station A to be picked up. All signs, flags, garbage picked up may be left at the next aid station you approach.



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10k sweepers: start at 2pm. Begin collecting all signs/flags. All signs, flags, garbage picked up in first half may be left at the aid station.

***All sweeps will have access to snacks/water at Aid Stations before the Aid station is taken down! AID STATION VOLUNTEERS TO REMAIN UNTIL THE SWEEPER COMES THROUGH. AID STATION A NEEDS TO WAIT FOR BOTH THE 10k & 21K SWEEPERS TO PASS BEFORE CLEANING UP.**

Food/Water Table at finish:

Check in by 8.30

All food / water is to be handed to participant by race crew. Race crew must wear a mask and gloves at this station.

Chip Removers:

Check in by 8.30am

Clip timing chips off runner's shoes as they cross the finish line. Runners CANNOT cross the timing mat more than once or the last time will be recorded. Any missing chips will be charged out to the runner (\$20). Chip removers must wear a mask and gloves. Participants are not to try to remove their own chips.

Set up Crew – Start/Finish line and aid station set up:

Check in by 6:30AM

Take Down Crew:

Check in by 3.30pm

If you have any questions/concerns that come up, please email ahead of race day.

There may be some minor adjustments to the volunteer assignments/schedule. Please remember this event has been significantly altered to accommodate for health and safety guidelines and volunteer and runner safety is the first priority. Your patience and understanding with logistics and administration as we work through this amended race format this year is GREATLY appreciated!

We look forward to seeing you on race day! Where ever you are...HAVE FUN!!
A big THANK YOU to all of you in advance! We could not do this without your help and enthusiasm.