

Hello again,

Here is the scoop for Saturday for the Shoreline ½ and 5K. Again, **thank you for helping**. This will be long, so bear with me. **First – THANK YOU!!!** The Shoreline ½ & 5K is Saturday, July 15th at 8AM for the ½ and 8:15AM for the 5K at Hamlin Beach State Park in Area 4. Full Details on the event is at <http://yellowjacketracing.com/races/shoreline-half-marathon-5k> . Also, there are maps there too so you can familiarize yourself with it. **If you helped in prior years you may not be in the same spot as the course had to change due to the flooding and part of our course now being part of Lake Ontario.**

The half course is open for 4 hours and closes at 12 Noon Sharp.

When to arrive: If all of you can be there by 7AM for volunteer check-in with me at the shelter at Area 4 that would be great. I can only meet until 7AM, because of pre race activities. PLEASE NOTE – if you have ever volunteered for this event before we are not in the same lodge. We are at the one closer to the finish line. LOOK FOR THE LARGE WINDFLAGS. The attire – dress appropriately and comfortably. Wear sneakers/comfortable shoes. Also bring a cell phone if you can, especially road marshals and water stops. If you have a volunteer shirt please wear it, otherwise we will have one for you. You must wear it visibly. In addition, bring provisions such as plenty of water or food for your locale should you need it. I ask that you please be flexible if I need to move you. There are certain mandatory assignments and cancellations and no shows sometimes requires people to be shifted.

My cell phone is 443-474-9680. Call me for emergencies. If your water stop is running low on something please send me a text and I will get a crew member to you. Make sure you tell me where you are. If you need an ambulance type of emergency call 911 NOT ME! . Should someone need medical assistance and you called 911 you must let me know who it was and their bib number. Texting is best. Be descriptive and brief (who you are, where you are, what is happening, persons bib number). There will be a SAG vehicle or person letting you know when you can leave your post.

Also do not speed in the park. They will ticket you. In addition we are closing the road to Area 4 and 5 at 7:30AM sharp. You cannot go past this zone and will be asked to park at Area 1 if someone arrives after 7:30AM. We need to close the road to start the race. Also, if you want to get back into the park after your post you must wear your vollen shirt and have the attached vollen pass on your windshield, otherwise you will be charged to come back.

Below you will find details on the assignments and who will be doing what. Some of you are listed **more than once** so please note all assignments. Some of you are receiving this e-mail for another person, so we're going to assume that you will share with them what their role is. Also, if you do not see your name it means I made an error – contact me and I will definitely give you a home.

Your first and foremost role is to cheer cheer cheer!!!

Bike Patrol:

- **Boots** – you will lead the 5K
- **Derek Backus**– you will lead half marathon and keep texting Ellen messages with the leaders bib and every mile you are at so she knows when to be ready for them ☺ When you get close to the end just the mile number is ok.

Road Marshalls: In this role, you will get a flag. Your job will be to be on the run course kinda watching for traffic and CHEERING SUPER LOUDLY. The runners are supposed to know the course, but it helps if you do as well. The map is on the website. I'm going to put these positions down in the order they go by you on the course **but a couple of spots on the 5K course are listed at the end**. When you have a flag, do not wave it wildly, it just confuses the athletes. The course is shaped like a big dipper so some of you will see people twice because you are early on the course and later on the course. I will denote

around what mile mark you are at. Also, please read any specific notes next to your name. For some of you your assignment is a little more technical than just holding a flag and cheering 😊 I will also denote if it's part of the half and/or 5K course. Thus if you are on the half AND 5K course, you will see a group of people arrive earlier than another set of people who are finishing the half. When done, you can give the flag to the SAG vehicle. SAG – our staff that follows on the course picking everything up. OK – here it goes.

RM A - YJR crew - Here you will be at one of the turn arounds on the main road. This is just BEFORE the area 5 parking lot. You will watch for cars and make them aware of the runners on course. Runners for both the half and the 5K will be going straight past you.

RM B - Charlotte Jaanimagi - Here you are on the corner of the main park road and the parking lot to area 5. Runners for both the half and the 5K will be going straight past you. See also RM26

- **RM 1 - ¼ Mileish for half – Christine DeWeaver** - this is a turnaround type point where they go around a bend. For the half they will be going counterclockwise around this bend. After the last person goes past you walk about 50 steps to your next spot. See RM 23
- **RM 2 - Kelly Naureth - Entrance of Campground** – it's around the 1 mile mark on the 1/2. Making sure cars going in and out of the campground heed the way of the runners.
- **RM 3 – Stephanie Prunoske and Sarah Perosio Exit of the Park and Moscow Rd** – this is the 5Kish and 11ish mile mark on the ½. Here you will need to cross people over to the other side of the street. Please heed caution here in doing so. Runners are turning right onto Moscow Rd when they exit the park then on the way back in they turn right into the park. Work with each other to watch for cars and runners.
- **RM 4 - Danielle Farabel Corner of Moscow and Redman** – Mile 4ish – On the way out runners turn left onto Redman.
- **RM 5 - Joe Brugnani Corner of Jacob and Redman** – This is about 4.5ish miles. They will run right past you.
- **RM 6 - Tony Leonardis - Corner of Church Rd and Redman** – This is about mile 6 miles on the ½. They should already be running against traffic. They turn left onto Church Rd.
- **RM 7 - Barbara Arnold - Corner of Church rd and Lake Rd West Fork** – This is just past mile 8 on the ½. They will turn left onto Lake Rd West Fork. They should already be running against traffic
- **RM 8 - Cindy Bedford - Corner of Lake Rd West Fork and Priem Rd** – this is about mile 9 on the ½. They will turn left onto Priem Rd. They should already be running against traffic.
- **RM 9 - Leslie Fisher - Corner of Priem and Jacobs** – Runners run past Jacobs. This is just before mile 10.
- **RM 10 - Marsha Gottovi - Corner of Priem and Moscow** – Runners turn left onto Moscow. Don't have them cross yet, that will occur when they get back to the Park exit/entrance.
- **RM 11 – Stephanie Prunoske and Sarah Perosio - Exit of the Park and Moscow Rd** – this is the 5Kish and 11ish mile mark on the ½. Here you will need to cross people over to the other side of the street. Please heed caution here in doing so. Runners are turning right onto Moscow Rd when they exit the park then on the way back in they turn right into the park. Work with each other to watch for cars and runners.
- **Inside the park at the toll booth area** There will be an area against the median that is coned off for runners. They will be on the Westside lane against traffic on the median side.
 - **RM 12 - Bob Malone - Just before the toll booth at the area where cars can turn around if they choose not to enter the park.** We need someone here so if a car does choose to not enter the park when they turn around this turnaround they don't hit a runner.

- **RM 13 - Joanne Knapp** - Just past the toll booth there is another turnaround area. We need someone here to also watch cars going through
- **RM 14 Sandy Orsini**- After the toll booths there is a coned lane for runners that crosses where cars enter from the toll booth. The key here is having runners stay in the coned area and cars entering the park from the toll booth do not hit them. Then also making sure they get onto the correct path. So spread yourselves out.
- **RM 15 - Alyssa Barna** --Here is where the 5k and the half join together at parking area 1. 5k will make a LEFT turn and half making a RIGHT turn. You are watching for cars who may want to exit. AND cheering really loud – this is home stretch for both the half and 5K
- **RM 16 - Jennifer Swan** - You are making sure pedestrians don't get in way of runners AND cheering really loud – this is home stretch for both the half and 5K
- **RM 17 – Jennifer Poltorak** -- You are making sure pedestrians don't get in way of runners AND cheering really loud – this is home stretch for both the half and 5K
- **RM 18 – Deb Zenaty** - You will be on the east side of the playground. Runners will come at you and make a RIGHT hand turn. You are making sure pedestrians don't get in way of runners AND cheering really loud – this is home stretch for both the half and 5K
- **RM 19 - Sue Scheuch - By the Bath house at Area 3 (mile 12.5 ish and 2 ish miles)** – here you are watching for pedestrians so they don't hit a runner and cheering really loud!!
- **RM20 – Christine DeWeaver** - When the last 5K person goes past you at RM 23 please head quickly to this spot. I realize you will not get there before some people finish. We are working on making the turns obvious but would like Marshalls here as additional guidance and support as this is the very end of the course and **CHEERING** is so helpful to the participants. Here you are to the far east end of the parking lot along the lake. Both the half and the 5K have to turn LEFT towards the parking lot
- **RM 21 – Brandy Ireland** When the last 5K person goes past you at RM 23 please head quickly to this spot. I realize you will not get there before some people finish. We are working on making the turns obvious but would like Marshalls here as additional guidance and support as this is the very end of the course and **CHEERING** is so helpful to the participants. Here you are between the snack building and the shelter where you are checking in along the lake. Both the half and the 5K will turn LEFT on the path and head back towards the parking lot
- **RM 23 - Christine DeWeaver** - Here you are on the 5K course about the half mile mark. Runners will come straight at you and turn RIGHT around the parking lot. When the last 5k person goes past you please go quickly to RM 20
- **RM 24 - Brandy Ireland** - Here you are on the 5K course. Runners will turn away from the parking lot onto the path . When the last 5k person goes past you please go quickly to RM 21
- **RM 25 - Shaun Ketchuck** - Here you are on the 5K course just before the 1 mile mark. Runners will come from the west end of the park and turn RIGHT still on the path but headed towards and through the parking lot
- **RM 26 - Charlotte Jaanimagi** - Here you are on the 5K course. Runners will come through the parking lot and turn LEFT onto the park road. (about the 1.25 mile mark)

Water Stops: You will be handing out water. Most stops are right near intersections. The cups/table/water and garbage bags will be there. Some stops will have electrolyte drink you will need to mix and some will have nutrition. Read all stops so you know when extra stuff will be at what spot in case people ask. You'll need to set up the water area and clean it up. When handing out water hold the cup at the rim not with your hand around it. Plus fill the cups half full so account for spillage. **When filling cups, please take lids off and dip the cups in the water because the nozzles can stick.** Please yell at spectators that get in the way to have them move AND CHEER CHEER CHEER FOR THE ATHLETES. Please also monitor that you have enough water and cups throughout the event. Call or text Boots (585-732-1956) if you are running out of water. Be proactive, brief and descriptive of where you are. Don't wait until the last drop. If you are handing out electrolyte separate yourself from those with water so people don't get confused. Call out what you are handing out. You will need to make the electrolyte (TBD). The nutrition is TBD. You may have ice too, but likely for the drinks.

- **WS 1** – Located at the mile 2.2ish as you exit the park. You will have electrolyte and water.
Cheryl Giraulo, Morgan Miller, Ray Boss, Jacelyn Droegmoeller, Kelly Mankowski
- **WS2** – Located at mile 4 on Moscow Rd just before mile 4. You will have electrolyte and water.
Anjali Glenn, Melina Del Plato, Vanessa Welling, Marla Schweppe, Desire Rause & son
- **WS3** – Located at mile 6 on Redman Rd. You will have water and electrolyte.
Dick and Mitzie Lewandowski, Matt Smith w 2 children, Lena Johnson
- **WS4** – Located at mile 8 on Chruch Rd. You will have water/electrolyte and nutrition.
Christine Boehly-Ashton & Larissa, Meggie Kist, Stephanie Coffman, Tierney McKee
- **WS5** – Located at mile 10 on Priem Rd – You will have Water and electrolyte.
Shavon Ashford w 2 daughters, Megan Tollett, Sachin Natarajan, Kim O'Connell
- **WS6** – Located in the parking lot for area 1. This is for both the 5K and the ½ before they get onto the path that goes along the lake. It's about mile 1.5 for the 5K and 11.75ish for the ½. You will have water only.
Michael and Reba Klingensmith, Kristin Hirsch, Pat & Sally Littlefield, Jessica & Greg Colavecchia

Finish Line: Here you will cheering in the 5Kers, giving medals to the half marathoners and kids race finishers. Finish Line Water Stop (make sure cups and water are ready and available for finishers). You will need to stay on top of making sure there is enough water. Of course congratulate each runner too.

- **Morgan Miller, Ray Boss, Katie Stearns, Jessica Paulino, Vicki Waller**

Kids Races: Cheryl Giraulo and Charlotte Jaanimagi– we will do a ¼ mile, ½ mile and full mile. We do this towards the tail end of the half around 10:30AM

Post Race Food: You will work with Claire, Marsha and Luen at post race food helping to set out food, replenish etc.... We will be serving some snack type food and then helping Sticky Lips BBQ as needed.

- **Kelly Naureth**
- **Jacelyn Droegmoeller**

Four Seasons Challenge Medal Hand Out – You will be handing out 4 Season Challenge Medals at the finish line– this only goes to people who are members of the 4 Seasons Challenge. They ONLY get the medal if they are in the 4SC and their bib has the 4SC logo on it in the lower right hand corner. No ifs and or buts. Also, please help keep the water filled for the finishers

- **Ann Viera**
Mary Darrow
- **Christine Smith**

Awards – **Kelly Mankowski** - There will not be an official awards ceremony. You will set up the awards at 9:15am. The 5K winners can pick up starting at 9:30a and the half marathon at 10:45a. You will receive a list from the timing tent just prior to both of these times. Just cross off each person as they pick up. All overall winners and first place in age group get nut butter to go with their award.

If you don't see your name, I still need your help, I just accidentally skipped it. Please email me and I will assign you. THANK YOU for your patience in getting this out!!

Marsha

Marsha Barrett