

## **Oceans 50 Relay Race 2025 Volunteer positions and duties**

### Exchange 1: Varn Park:

The exchange takes place on the sidewalk right by the pedestrian crossing, on the east side of A1A. The next runner (runner 2) needs to wait at the exchange (east side) for their runner while Runner 1 does not cross A1A, they wave to them as the “exchange”. This is to prevent crossing A1A in a hurry. There’s plenty of parking here, no need for parking direction. 1 volunteer records team arrival times, 1 wears a vest and stops runner 1 from crossing until safe.

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### Exchange 2: Mala Compra Park:

Write down team times and direct parking if needed. Park in parking lots, not the side of the road. Runner 3 starts on dirt trail.

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### Exchange 3: : Jungle Hut Park:

One volunteer will be stationed at the exchange to record times and another volunteer will be at the corner of Jungle Hut Rd and Hammock Dunes Parkway directing runners. The runners come from 2 different directions here so it’s important you know where to tell them to go and also prevent runners from running in front of cars, there are no stop signs going N/S. Runner 3 comes from the north on Hammock Dunes and runs into the exchange at Jungle Hut. Runner 4 will be coming out of Jungle Hut, will cross Hammock Dunes and turn left on the sidewalk.

### Exchange 4: Linear Park:

One volunteer will record team times and one will help with runner direction.

### Exchange 5 & exchange 7: Waterfront Park:

This exchange (because it’s 2 exchanges) gets very busy and can be confusing. One volunteer will stay stationed at the exchange 5 sign, recording times and letting runner 6 know where to go (leave WFP on sidewalk towards Colbert). One volunteer will stay stationed at exchange 7 sign, recording leg 7 times and directing runners where to go for leg 8. One volunteer will direct parking (wear vest and use flag). Keep an eye on parking in the paved lot and wave vehicles down to use the lot when it’s open. Otherwise, safely park them along the side of the road.

### Exchange 6: Graham Swamp on OKR

This exchange is easy and straightforward. One volunteer will record team times and one will help direct runners where to go. Runners come and go the same way (the leg is the same just in opposite directions.)

### Exchange 8: Graham Swamp on Colbert:

We need one person directing cars and 1 person recording times. Trail is closed to bikers until 10a. Make sure volunteers know to not allow bikers to pull into the parking lot. It has been posted on the Graham Swamp mtb pages and at the trail. Runners are running the trail backwards this year, hiking trail first.

#### Exchange 9: Lehigh Trail on Colbert:

Very straightforward, just keep an eye on runners and traffic crossing and record team times.

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#### Exchange 10: Corner of 100 and Old Kings Rd

Teams and volunteers park at East Coast Acupuncture. Runners come in from the new pedestrian bridge running west on the sidewalk, they exchange and runner 11 leaves going east on the sidewalk. Direct runners and record team times.

#### Exchange 11: Wadsworth Park

This exchange is easy and straightforward. Just make sure runners and traffic are being safe at entrance to park and record team times.

#### Finish Line: Betty Steflik Park:

Sharon will train volunteers. Volunteers will be helping hand out medals, call team numbers as they arrive, set up food, etc.

### **THINGS TO KNOW:**

- Tricia will be meeting all of you at your exchanges. She will not have much time at each exchange so please be on time and know she will be in and out quickly, but ask any questions you have while she's there. Her number is 386-864-1272. Call her on race day if anything comes up you need help with. If you can't get in touch with her you can call me 352-514-1283. Please call Tricia first unless it's an emergency.
- Please do not leave your exchange without the sweeper relieving you. If he has not arrived and your shift has ended and you must leave, please call Tricia or me.
- If it is the end of your shift and there are teams that have not come through yet please call me asap. 352-514-1283.
- If you are directing cars or doing crowd control please wear a safety vest and/or use an orange flag.
- Use good common sense when it comes to traffic and people. If you see an unsafe situation please step in. Sometimes runners and support crew get so caught up in the event they forget there is also a lot of traffic. We want to keep people out of harm's way.

### **THINGS TO BRING:**

- A chair if you can't stand for your entire shift
- Water (please use reusable water bottles, we are not providing single use bottle)
- Shade (tent or umbrella) if you think you need it. Some areas are not shaded.
- Weather appropriate clothes and shoes. Raincoat! This event is rain or shine.
- Phone or watch to record times