

2024 VOLUNTEER BRIEFING

Cairns 50



Community Running Festival

#C50 Australia

PRESENTED BY

OSSEM

ORTHOPAEDIC SURGERY SPORT
& EXERCISE MEDICINE



Smurf

Endurance Sports Pty. Ltd.

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VOLUNTEER ROLES

STAFF

RACE DIRECTOR: Joshua Duff

CONTROL TENT: Salome Duff

VOLUNTEER MANAGER: Kalyra Thompson

ATHLETE CHECK-IN MANAGER: Peta Travers-Jones

AID STATION/RECOVERY MANAGER: Cynthia Villiger

TIMING SYSTEM MANAGER: Clifford Jones

FIRST AID MANAGER: Baylie Fletcher

SATURDAY APRIL 6

EVENT PRECINCT BUMP-IN {6am-10am}: Cynthia Villiger, Bridie O'Brien, Christine Twidale, Joshua Duff, Peta Travers-Jones

EVENT PRECINCT BUMP-IN {11am-2pm}: Brent Gargan, Leigh Gargan

ATHLETE CHECK-IN 5, 2, 1 (4pm - 6pm): Kellie Ball, Kathryn Todd

ATHLETE CHECK-IN 50, 30, 10 (4pm - 6:30pm): Laura McCartney

FINISH CHUTE MARSHAL (4:30pm-6:30pm): Dave Ball

GLENOMA PARK TURN MARSHAL (4:30pm-6:30pm): Holly Jones

GLENOMA CAR PARK MARSHAL (3:30pm-6:30pm): **TBC**

AID STATION/TURNAROUND (2:30pm - 4:45pm): Studio A

FINISH LINE MEDALS (4:30pm-6:30pm): Sam, Kelly, Andrew, Devicca

FINISH LINE RECOVERY (4:30pm-6:30pm): Jo Lawrence

BRINSMEAD PARK RESERVE CAR PARK MARSHALS (3:30pm-6:00pm): Leith Wallace & Irene Williams

SHUTTLE BUS: Mischa Tunevitsch

VOLUNTEER ROLES

SUNDAY APRIL 7

- ATHLETE CHECK-IN 50, 30, 10 (4:30am-7am):** Bridie O'Brien, Kathryn Todd
- FINISH CHUTE MARSHAL (6:30am-9:30am):** Josie O'Shea
- FINISH CHUTE MARSHAL (9:30am-12:30am):** Nadine Burns
- GLENOMA PARK TURN MARSHAL (6:30am-9:30am):** Emma Downing
- GLENOMA PARK TURN MARSHAL (9:30am-12:30pm):** **TBC**
- GLENOMA CAR PARK MARSHAL:** Florian Villiger
- 10k TURNAROUND MARSHAL (6:30am-8am):** Kylie Camp
- 50K TURNAROUND MARSHAL (5:45am-9am):** Dan Hannaford
- 50K TURNAROUND MARSHAL (8:45am-12pm):** Kylie Camp
- 50K MALE/FEMALE LEAD BIKES (5:30am-9:30am):** Adam Fox; Russell Molina
- 30K MALE/FEMALE LEAD BIKES (6:15am-9am):** Mischa Tunevitsch; Grace Wen
- 10K MALE/FEMALE LEAD BIKES (6:30am-7:30am):** Tim Butler, Sandra Butler
- TAIL BIKE (9:30am-1pm):** Tim/Sandra Butler
- FIRST AID:** Baylie Fletcher & Team
- FINISH LINE MEDALS (7am-10am):** Michelle Schurmann, Stacey Lewis
- FINISH LINE MEDALS (9:45am-12:45pm):** Andrew Lamond, Sandy Priddey
- FINISH LINE RECOVERY (7am-10am):** Natasha Garvey; Tian Zhao
- FINISH LINE RECOVERY (9:45am-12:45pm):** Michelle Schurmann & others TBC
- PERSONAL NEEDS (6am-9:30am):** Chantelle Ahloy
- BRINSMEAD PARK RESERVE CAR PARK MARSHALS (4:30am-7:30am):** Ivan Whittle
- SHUTTLE BUS:** Ben Rhodes
-
- GOOMBOORA PARK AID STATION (4:50am-9am):** *STUDIO A*
- GOOMBOORA PARK AID STATION (8:45am-12:30pm):** *DYNAMIC RUNNING (TBC)*
- THE ROCKS AID STATION (5:20am-12pm):** *IGNITE ENDURANCE*
- MARY PARKER DRIVE AID STATION(5:50am-12pm):** *FERNE FAMILY*

SCHEDULE OF EVENTS

FRIDAY APRIL 5

2pm-6pm: Race Pack Collection – *Smurf Endurance Sports (12a Aplin Street, Cairns City)*

SATURDAY APRIL 6

4pm - 6:30pm:

- Race Pack Collection – *Event Precinct (Control Tent)*
- Shuttle Buses from City/Harbourside Hotel to Glenoma Park and Return (pre-booked)
- Cairns Endurance Sports Expo – *Event Precinct*

4:40pm: Kids 1 Race Briefing – *Start Line*

4:45pm: Kids 1 Race Start

5:10pm: Kids 2 Race Briefing – *Start Line*

5:15pm: Kids 2 Race Start

5:40pm: Colour for COUCH Family 5 Race Briefing – *Start Line*

5:45pm: Colour for COUCH Family 5 Race Start

6:15pm: Family 5, Kids 1 & 2 Presentations

SUNDAY APRIL 7

4:30am - 1pm: Shuttle Buses City/Harbourside Hotel to Glenoma Park and Return (pre-booked)

5am - 6:30am: Race pack collection available – *Event Precinct (Control Tent)*

5:50am: Cairns 50 Race Brief – *Start Line*

6am: OSSEM Cairns 50 Start

6:20am: Cairns 30 Race Brief

6:25am: INSPIRED SIGNS Cairns 30 Start

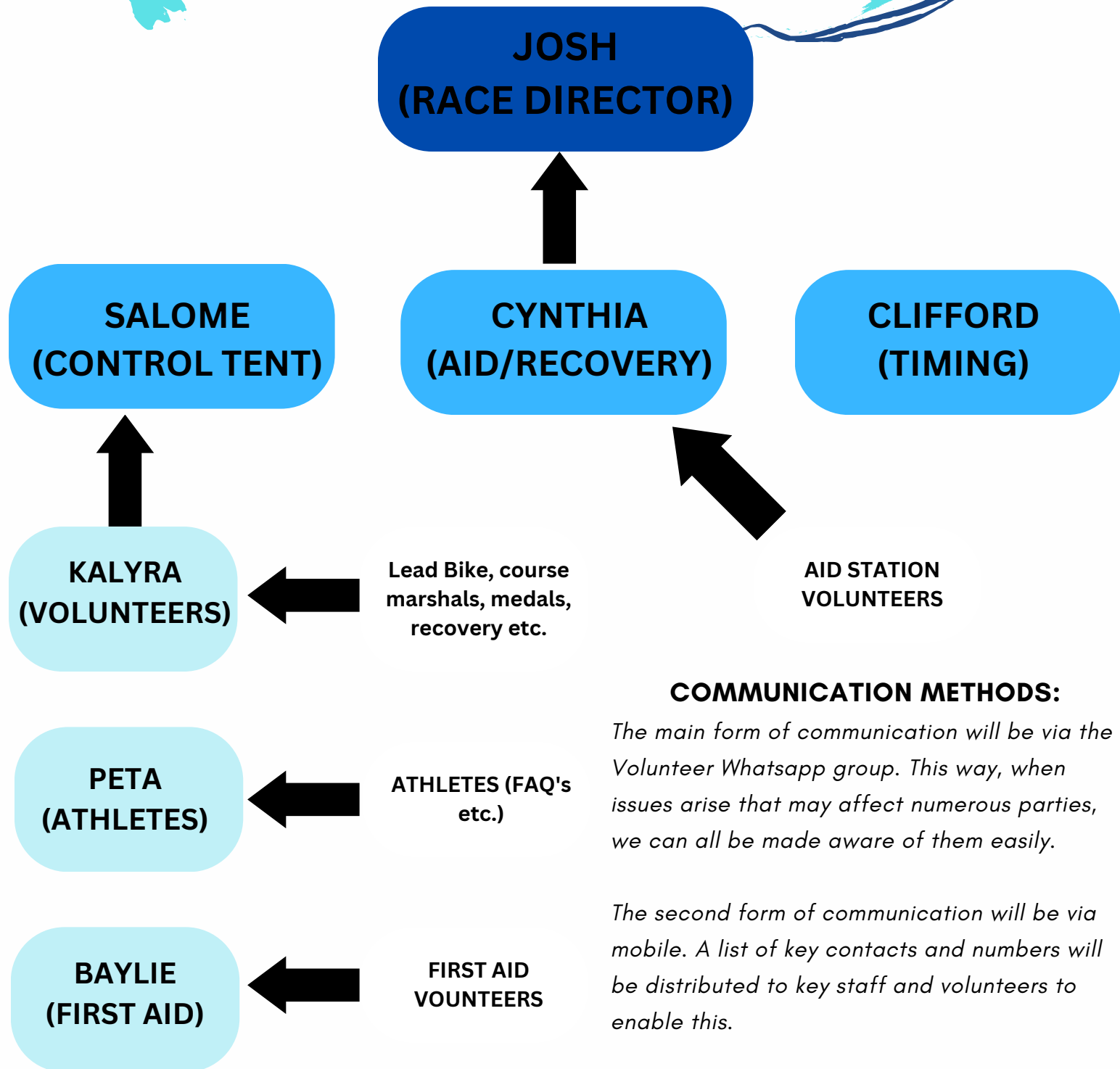
6:40am: Cairns 10 Race Brief

6:45am: SMURF ENDURANCE SPORTS Cairns 10 Start

1pm: Cairns 50 Cut Off/Event Expo Closes

4:30pm - 6:30pm: Presentation Party – *The Harbourside Hotel*

COMMUNICATION FLOW



COMMUNICATION METHODS:

The main form of communication will be via the Volunteer Whatsapp group. This way, when issues arise that may affect numerous parties, we can all be made aware of them easily.

The second form of communication will be via mobile. A list of key contacts and numbers will be distributed to key staff and volunteers to enable this.

EMERGENCIES - Inform the Control Tent or the Race Director in emergency situations (eg. ambulance) and contact the appropriate authorities

FIRST AID/EMERGENCIES

FIRST AID TEAM

First aid will be provided by volunteers from local hospitals and managed by Baylie Fletcher. The first aid team will consist of a minimum 2 First Aid Officers at the event precinct and roaming first aid officers on bikes on the course. A doctor will also be stationed in the Control Tent at all times.

EMERGENCY ACCESS

In the case of an emergency in the event precinct, emergency access is available via a gate at the northern end of the car park. In the case of an emergency on course, there are access points to the course for a vehicle via St. Andrew's Catholic College, Goomboora Park, Vistas Estate, The Rocks, Xavier Herbert Drive and Mary Parker Drive.

Lead bikes and first aid bikes will also be on course and assist with access in an emergency if required.

EMERGENCY PROCEDURE

In the case of an emergency where an ambulance, police or fire need to be called;

- the staff member on the scene are to contact emergency services
- make contact with the Race Director or Control Tent asap via phone to inform the event team of the emergency
- manage the emergency situation to the best of their ability until emergency services arrive on the scene

EMERGENCY MANAGEMENT

In all emergencies, the final responsibility rests on the Race Director.



Wellness Embodied

TRAVEL, PARKING, OTHER

GLENOMA PARK ACCESS

Vehicle access to Glenoma Park will be restricted – there is NO parking for participants, spectators, volunteers etc. at Glenoma Park. **Volunteers are required to park at Brinsmead Park Reserve or can be dropped at the stop/drop/go area at Glenoma Park**

CHECK-IN/OUT

Before beginning your role onsite, we require you to check-in at the control tent and pick up any of your required equipment. If you leave the event site, we require you to check-out at the Control Tent.

CLOTHING

You will be provided with a blue Cairns 50 vest to wear during your role and you will be provided with a green Cairns 50 volunteer shirt. Please ensure you wear comfortable clothing and inclosed shoes for the duration of your role.

VOLUNTEER BRIEFING

As well as individual conversations with the Race Director, as part of our Workplace Health and Safety Plan, all volunteers and staff are required to view the Volunteer Briefing. This will be released via YouTube on the week of the event.

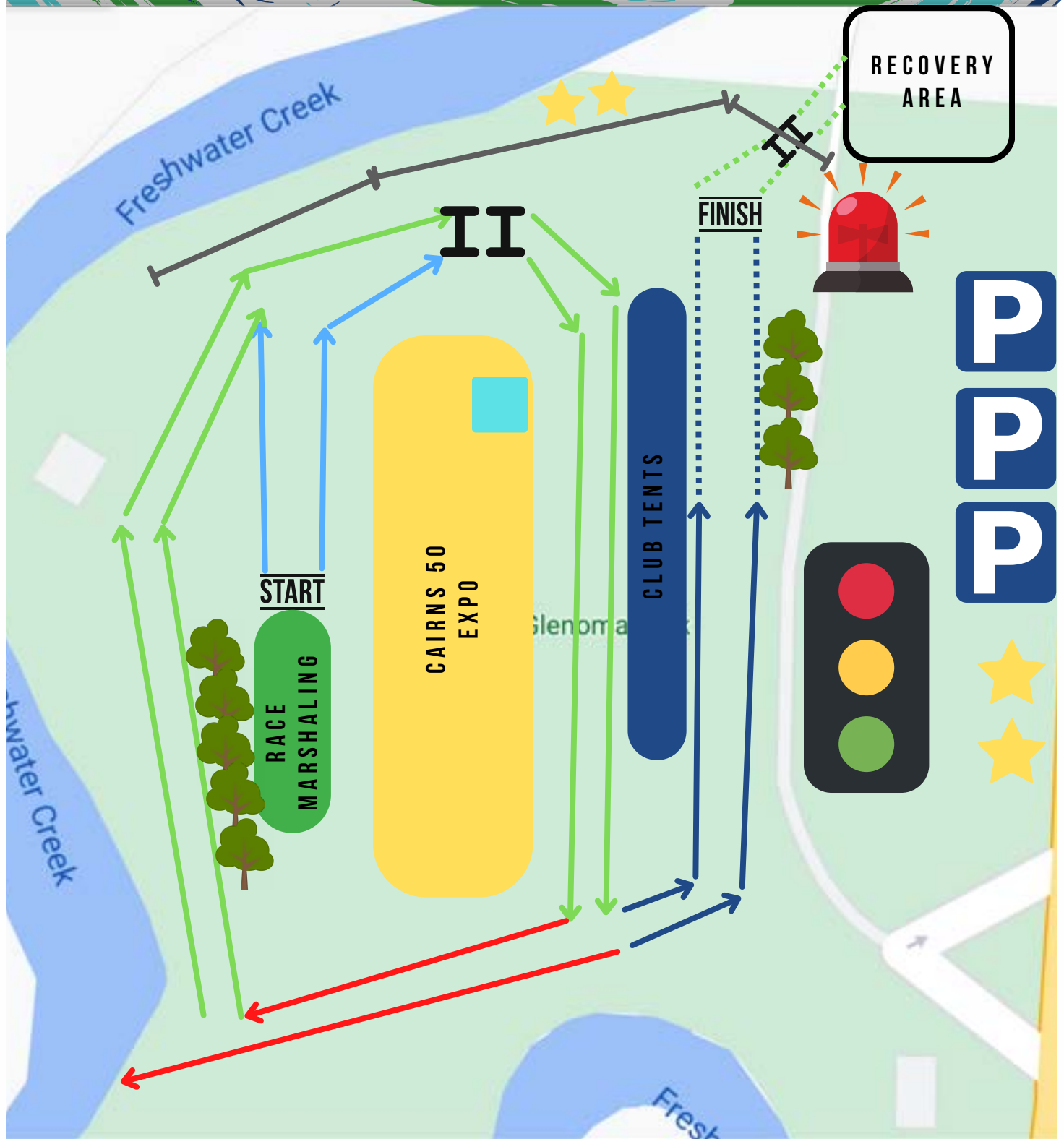
WEATHER

It is important that volunteers look after themselves in what is likely to be hot conditions. Wear a hat, suncsreen, sunglasses, sun safe clothing and stay hydrated

FOOD AND DRINK

A range of food and drink options will be provided for purchase in the event expo

EVENT PRECINCT MAP

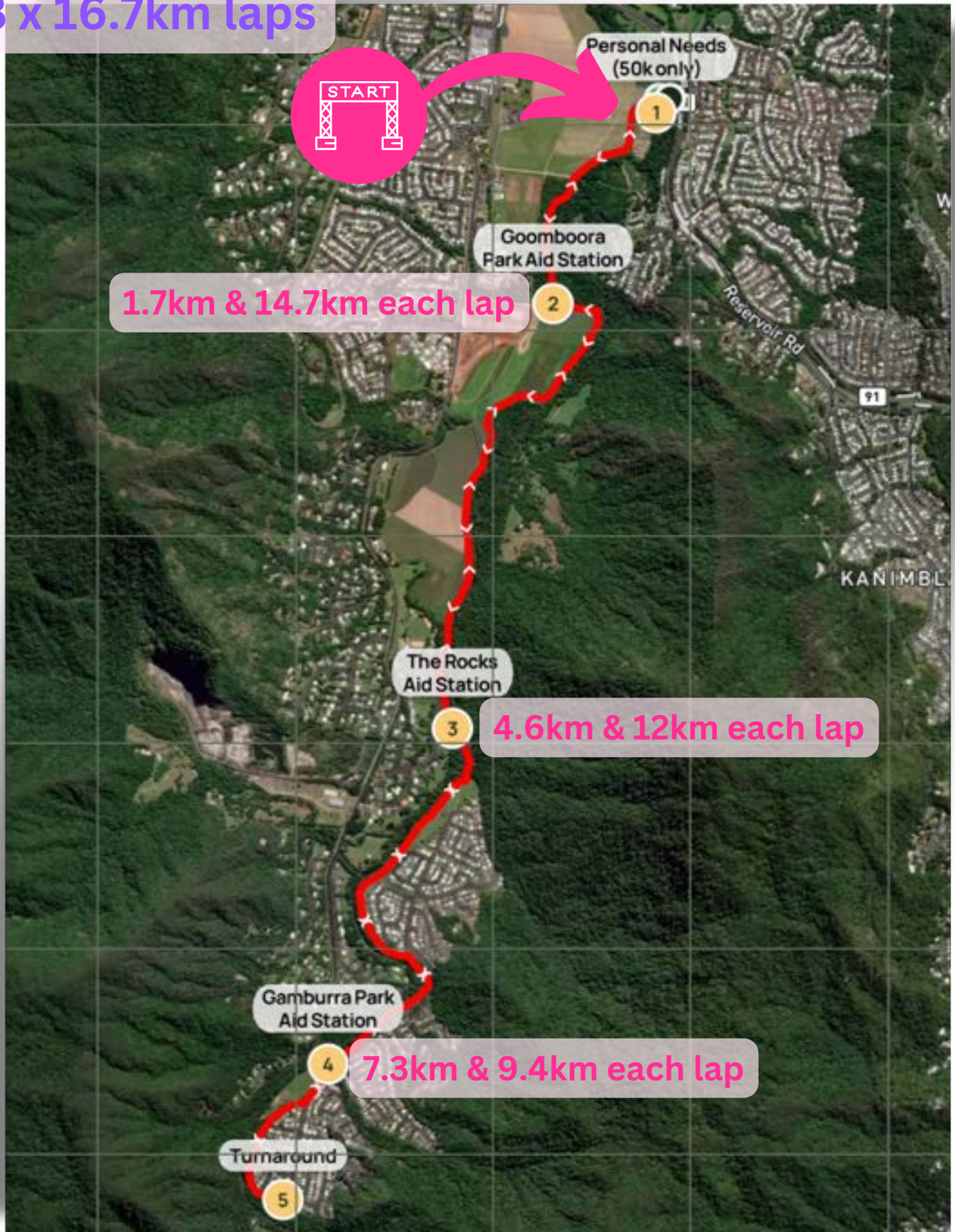


KEY

- | | | | | | |
|--|-------------------------|---|-----------------------------|---|------------------------|
|  | Runners Next Lap/Finish |  | Control Tent/First Aid etc. |  | Bus Drop Off & Pick Up |
|  | Runners Start |  | Emergency Access |  | Toilets |
|  | Runners Next Lap |  | Event Vehicle Parking | | |
|  | Runners Finish | | | | |

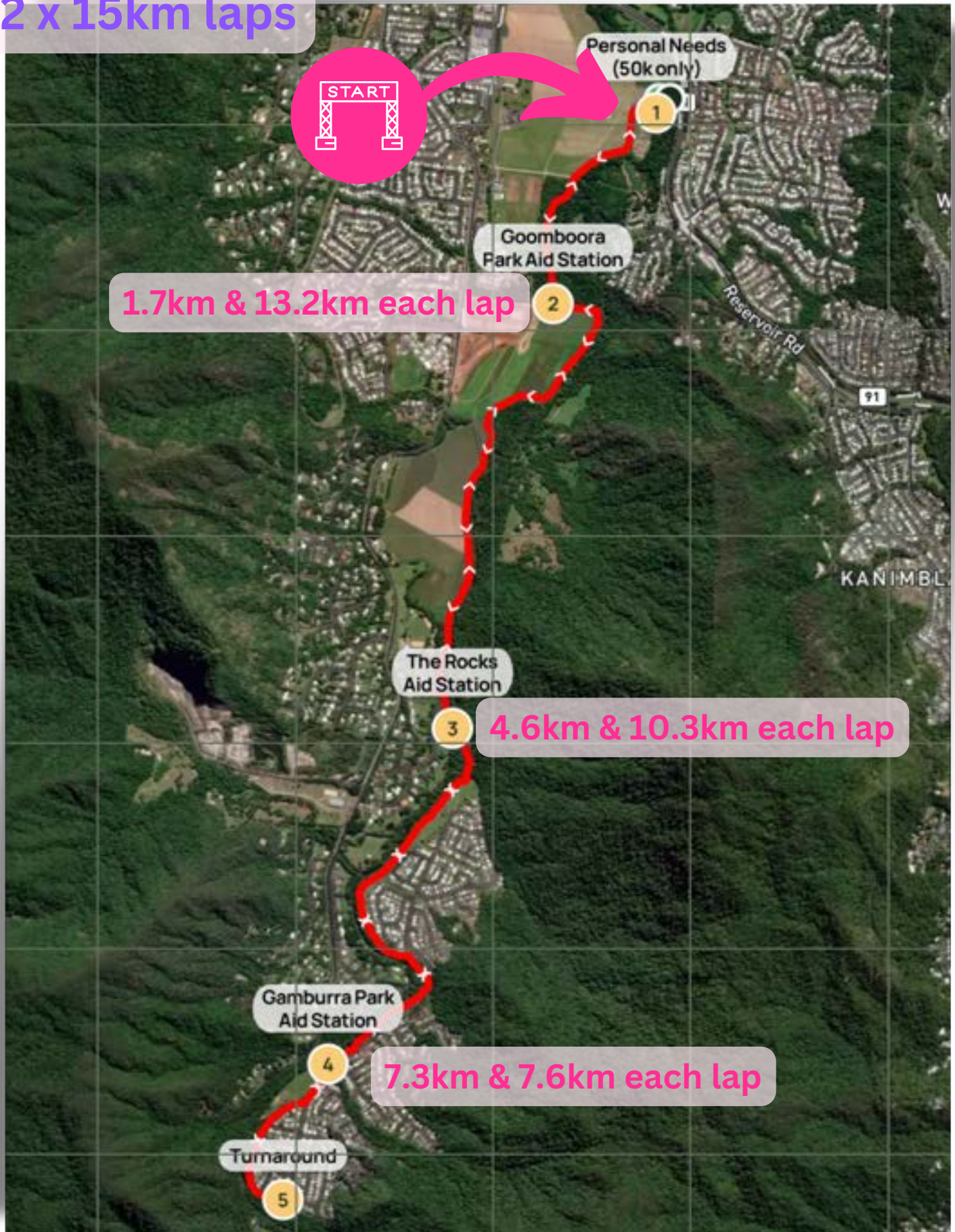
COURSE MAP - CAIRNS 50

3 x 16.7km laps



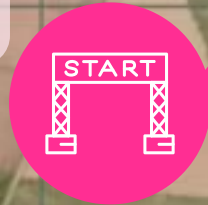
COURSE MAP - CAIRNS 30

2 x 15km laps



COURSE MAP - CAIRNS 10

2 x 5km laps



1.7km & 3.1km each lap

Goomboora
Park Aid Station

1

Turnaround

2



COURSE MAPS - FAMILY FUN DAY

2 x 2.5km laps - Family 5
2 x 1km laps - Kids 2
2 x 500m laps - Kids 1



VOLUNTEER ROLES – DETAILED

ATHLETE CHECK-IN

Location

- Based in the Control Tent in the Event Precinct

Times

- **Saturday** - Check-in at Control Tent at 4pm-6:30pm
- **Sunday** - Check-in at the Control Tent 4:30am-7am

Role

- Check-in athletes for the Saturday afternoon or Sunday morning events (including providing athletes with their race pack and purchased merchandise)
- Help with athlete questions where possible

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (link will be emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required

VOLUNTEER ROLES – DETAILED

FINISH CHUTE MARSHAL

Location

- As per the map (turn to next lap OR finish line)

Times

- **Saturday** - Check-in at Control Tent at 4:30pm
- **Sunday** - Check-in at the Control Tent 6:30am

Role

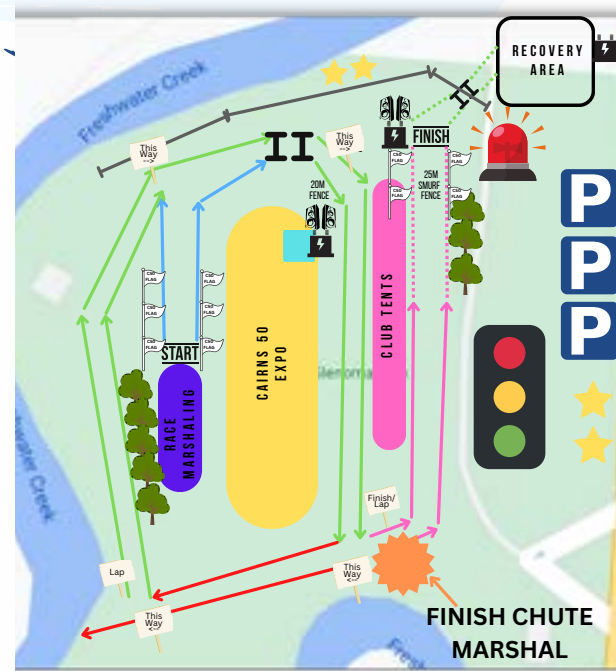
- Direct runners to their next lap OR finish line
- Where needed, keep spectators and general public off the run course

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (link will be emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required



VOLUNTEER ROLES - DETAILED

GLENOMA PARK TURN MARSHAL

Location

- As per the map

Times

- **Saturday** - Check-in at Control Tent at 4:30pm
- **Sunday** - Check-in at the Control Tent 6:30am

Role

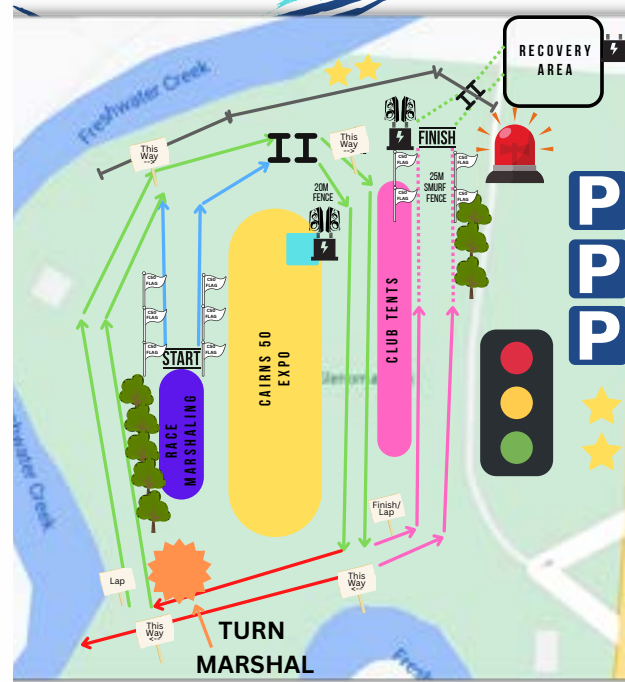
- Direct runners to their next lap
- Where needed, keep spectators and general public off the run course

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (link will be emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required



VOLUNTEER ROLES – DETAILED

GLENOMA CAR PARK MARSHAL

Location

- Glenoma car park as s per the map

Times

- **Saturday** - Check-in at Control Tent at 3:30pm
- **Sunday** - Check-in at the Control Tent 4:45am

Role

- Stop traffic (except event vehicles) entering the event precinct
- Manage the stop/drop/go area ensuring safe flow of traffic
- Manage entry/exit of emergency and event vehicles
- (will be provided with event vest and traffic baton)

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (link will be emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required



VOLUNTEER ROLES – DETAILED

BRINSMEAD CAR PARK MARSHAL

Location

- **Brinsmead Park Reserve (as per map)**

Times

- **Saturday** - Check-in at Control Tent at 3:30pm prior to heading to Brinsmead Park Reserve
- **Sunday** - Check-in at the Control Tent 4:45am prior to heading to Brinsmead Park Reserve

Role

- Manage vehicles entering and exiting the car parks at Brinsmead Park Reserve
- Ensure all vehicles travel through the grassed car park in a anti-clockwise direction and park as directed Ensure all vehicle parking in the asphalt car park do so only in marked car parks
- Ensure vehicle traffic is not parking along the side of the road or in non-marked car parks

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and the Hi Vis Vest provided when onsite at all times. You will also be provided with an LED Baton to help in directing traffic
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required



VOLUNTEER ROLES – DETAILED

FIRST AID

Location

- Event Precinct (or on course depending on role)

Times

- **Saturday** - Check-in at Control Tent at 3:30pm
- **Sunday** - Check-in at the Control Tent at time organised with Baylie

Role

- Work with the First Aid Manager in attending to emergencies and first aid related incidents
- Use provided first aid equipment to address first aid incidents at the finish line, the recovery area, race precinct and on course
- Notify First Aid Manager of serious first aid incidents that require emergency attendance
- Complete incidents reports for first aid incidents at the discretion and direction of the First Aid Manager
- Monitor the health and wellbeing of participants
- Assist Recovery Area volunteers when able (eg. providing water, nutrition for finishers)

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and provided Cairns 50 vest when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (link will be emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required

VOLUNTEER ROLES – DETAILED

FINISH LINE/RECOVERY

Location

- Finish Line and/or Recovery Area

Times

- **Saturday** - Check-in at Control Tent at 4:30pm
- **Sunday** - Check-in at the Control Tent at 7am OR 9:45am depending on shift time

Role

RECOVERY

- Cut up fruit and top up water/electrolyte for finishers
- Assist finishers with accessing nutrition and hydration
- Alert First Aid team of first aid concerns with finishers
- Assist in pack down of the Recovery Area at the conclusion of the event

FINISH LINE

- Check the health and wellbeing of finishers
- Provide finisher with their finisher medal
- Inform First Aid team of unwell runners

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and provided Cairns 50 vest when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required

VOLUNTEER ROLES - DETAILED

PERSONAL NEEDS

Location

- Control Tent/Personal Needs Station

Times

- **Sunday** - Check-in at the Control Tent at 4:50am

Role

- Collect "Personal Needs" bags/bottles etc. from athletes at the control tent on Sunday morning
- Transport Personal Needs to the personal needs station (in Glenoma Park)
- Organise personal needs in bib number order at the station
- Assist 50k runners access their personal needs when needed

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and provided Cairns 50 vest when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required

PERSONAL NEEDS INSTRUCTIONS AND MAP

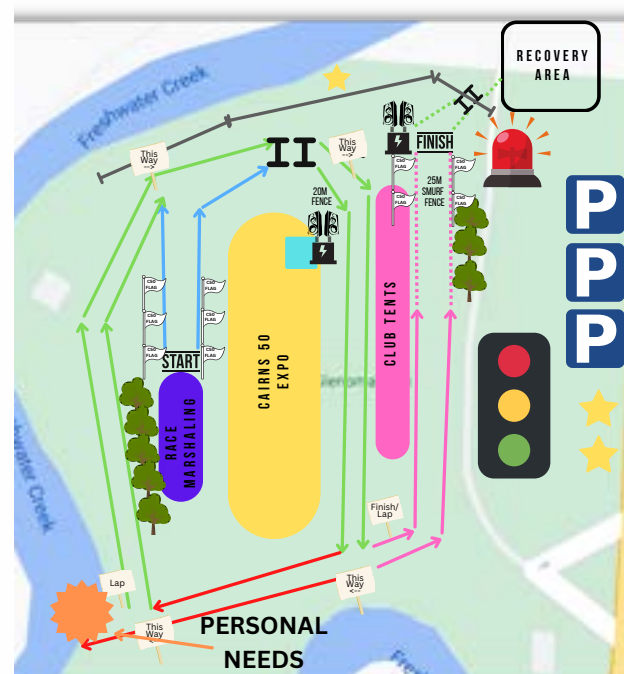
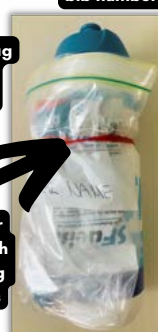
Labelled with your name
and your bib number

Clear reusable bag (no
larger than "large" size)

Small cooler bag option -
label with your name and
bib number

If you are just using a bag
or bottle, they can be
provided on their own

Attach your bag to your
bottle (if using both) with
a rubber band, ensuring
that your bib number is
showing



VOLUNTEER ROLES – DETAILED

10k TURN AROUND MARSHAL

Location

- 10k Turnaround (as per map)

Times

- **Sunday** - Check-in at the Control Tent at 6:15am for 6:30am start at turnaround (turnaround point is best accessed on foot from Vistas Estate in Redlynch)

Role

- Ensure all 10k runners turnaround and head back towards start/finish (Turquoise Bibs)
- Ensure all 30k and 50k runners DO NOT turnaround

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and provided Cairns 50 vest when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required



VOLUNTEER ROLES – DETAILED

50k TURN AROUND MARSHAL

Location

- 50k Turnaround @ Gumburra Drive (as per map)

Times

- **Sunday** - Check-in at the Control Tent at 5:45am for 6:15am start at turnaround (turnaround point is accessed via vehicle)

Role

- Ensure all 50k runners turnaround and head back towards start/finish (Pink Bibs)
- Check on the health and wellbeing of runners

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and provided Cairns 50 vest when onsite at all times
- Wear sun safe clothing and ensure you eat and drink throughout your role
- Watch the volunteer briefing prior to attending Cairns 50 (emailed in the week of the event)
- Check-in and check-out at the beginning and end of your role
- Follow instructions of the Race Director and/or key staff when required



VOLUNTEER ROLES – DETAILED

LEAD/TAIL BIKES

Location

- Along the run course (starting from the event precinct)

Times

- **Sunday** - Check-in at the Control Tent at 5:30am (50k), 6:00am (30k) and 6:15am (10k)

Role

- **Lead bikes** will join the course after the first aid station (Goomboora Park) app. 2km in to the course
- Ride approximately 50m in front of the lead male/female of your event
- Notify other runners and the general public that runners are coming through and remind them to stay to the left
- Ensure lead runners have safe access to the pathway throughout the run
- Monitor health and wellbeing of runners as you pass them and inform the First Aid Team if there are concerns.
- Pull off the run course just before the finish chute before the lead runners reaches the finish chute
- **Tail Bike** rides approximately 20-30m behind the final runner to monitor their health and wellbeing, as well as the health and wellbeing of other final runners

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and the Hi Vis Vest provided when onsite and on course at all times Wear a helmet at all times and ensure you bike is in safe and good working order prior to event day
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required

VOLUNTEER ROLES – DETAILED

SATURDAY AID STATION

Location

- Various points along the course (5k event turnaround; 2k event turnaround; 1k event turnaround).
As per map over the page

Times

- **Saturday** - Check-in at the Control Tent at 4pm

Role

- Assist aid station manager with set up and pack up of aid station
- Provide water to runners when required
- Keep water cooler topped up as needed
- Keep area clean of rubbish and cups
- Play music and create a fun positive atmosphere
- Ensure runners turnaround at the aid station and head back towards the event precinct

Communication

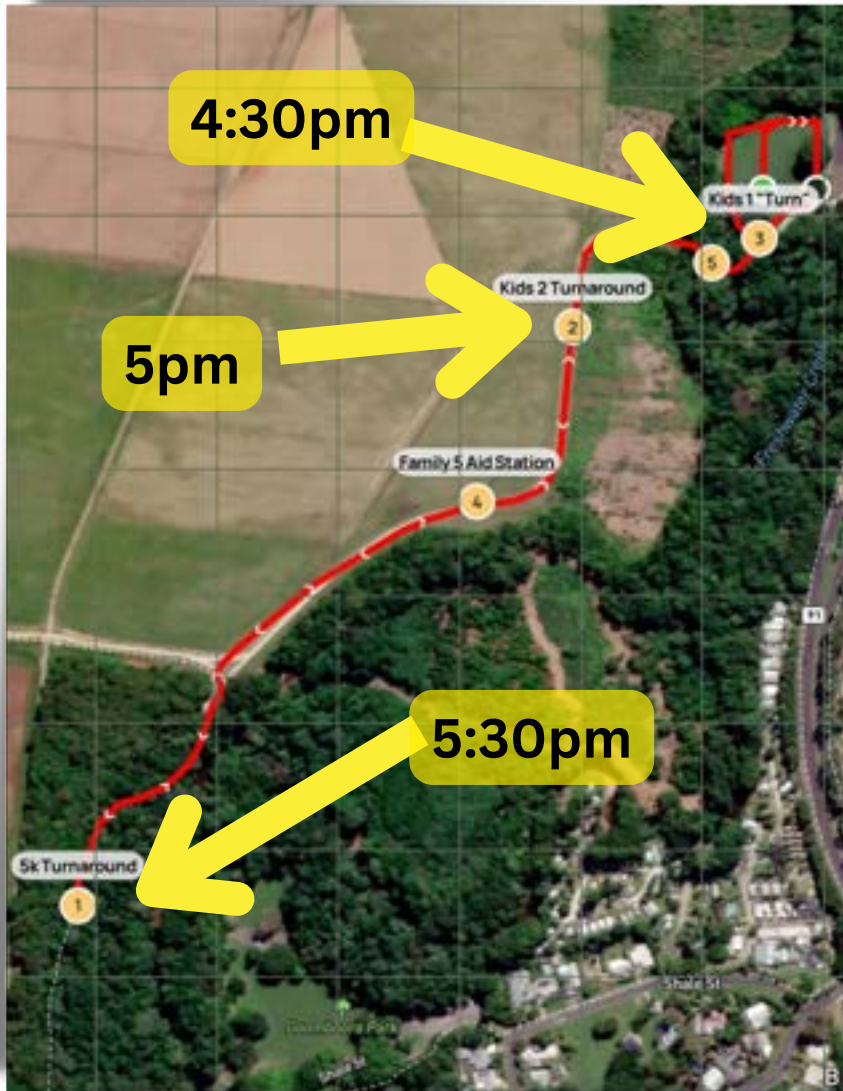
- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- In emergencies over the event weekend, contact Joshua Duff (0422 286 596) or Salome Duff (0438 363 908) asap

Safety

- Wear closed in shoes and the Hi Vis Vest provided when onsite and on course at all times Wear a helmet at all times and ensure you bike is in safe and good working order prior to event day
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required

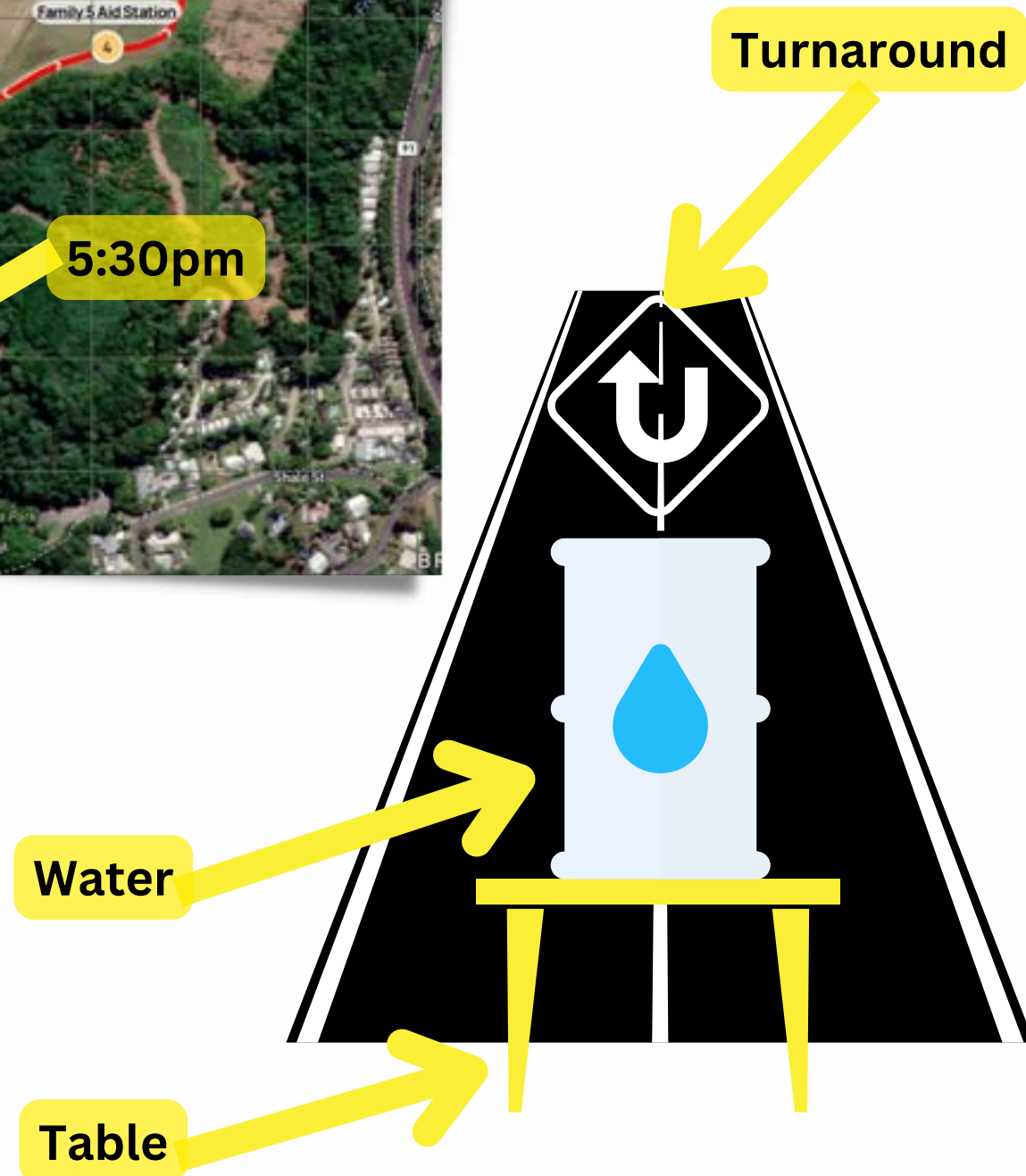
VOLUNTEER ROLES - DETAILED

SATURDAY AID STATION MAP & SET UP



Aid station gear will be provided with a trolley to take to each point along the course.

Each aid station point will be marked on the path with pink spray paint



VOLUNTEER ROLES – DETAILED

GOOMBOORA PARK AID STATION

Location

- Rainforest Area behind St. Andrews (PARKING available in the VISTAS at REDLYNCH Estate – 300m walk to aid station). See map over the page

Times

- **Sunday First Shift** - Meet at Aid Station @ 4:50am (check-in with Cynthia Villiger)
- **Sunday Second Shift** - Meet at Aid Station @ 8:45am (check-in with Cynthia Villiger)

Role

- Assist Aid Station Manager with set up of the Goomboora Park Aid Station from 4:50am
- Ensure water/electrolyte and bananas/lollies etc. are topped up throughout the event
- Assist runners with filling bottles/hydration vests/cups
- Inform Aid Station Manager of any issues or concerns throughout the event
- Provide encouragement and good vibes to runners
- Play music and create a fun positive atmosphere (keep noise minimal until 8am)
- Assist Aid Station Manager with pack up of Aid Station from app. 12:45pm

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- **On race day, your contact is Cynthia Villiger (0456 940 469)**

Safety

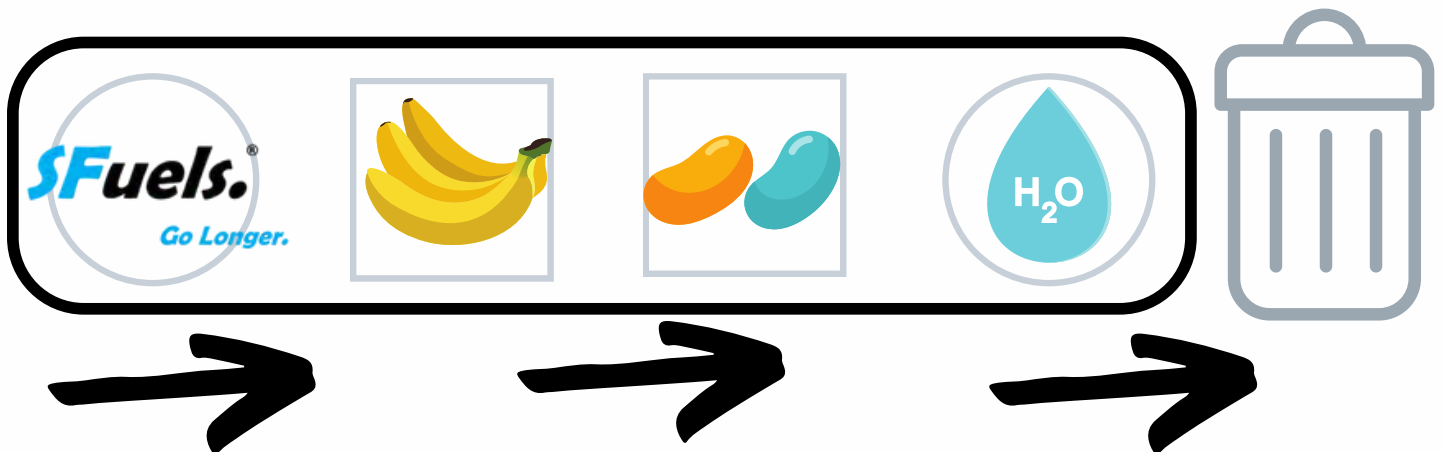
- Wear closed in shoes and the Hi Vis Vest provided when onsite at all times.
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required
- Keep noise minimal until 8am

VOLUNTEER ROLES - DETAILED

GOOMBOORA PARK AID STATION; MAP & SETUP



AID STATION LAYOUT



VOLUNTEER ROLES – DETAILED

THE ROCKS AID STATION

Location

- The Rocks Reserve, Redlynch. See map over the page

Times

- **Sunday** - Meet at Aid Station @ 5:20am (check-in with Cynthia Villiger)

Role

- Assist Aid Station Manager with set up of The Rocks Aid Station from 5:20am
- Ensure water/electrolyte and bananas/lollies etc. are topped up throughout the event
- Assist runners with filling bottles/hydration vests/cups
- Inform Aid Station Manager of any issues or concerns throughout the event
- Provide encouragement and good vibes to runners
- Play music and create a fun positive atmosphere (keep noise minimal until 8am)
- Assist Aid Station Manager with pack up of Aid Station from app. 12:15pm

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend

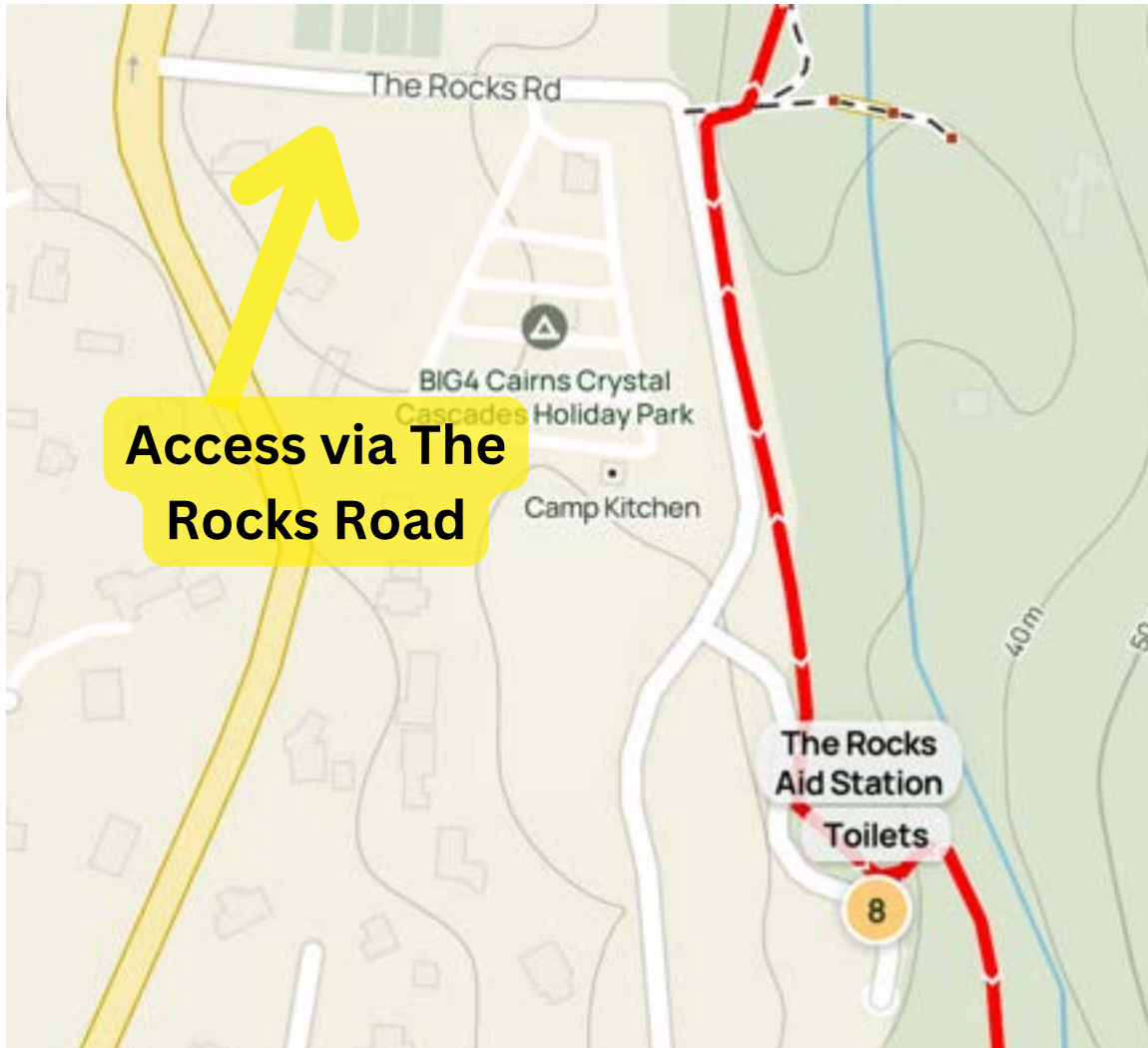
On race day, your contact is Cynthia Villiger (0456 940 469)

Safety

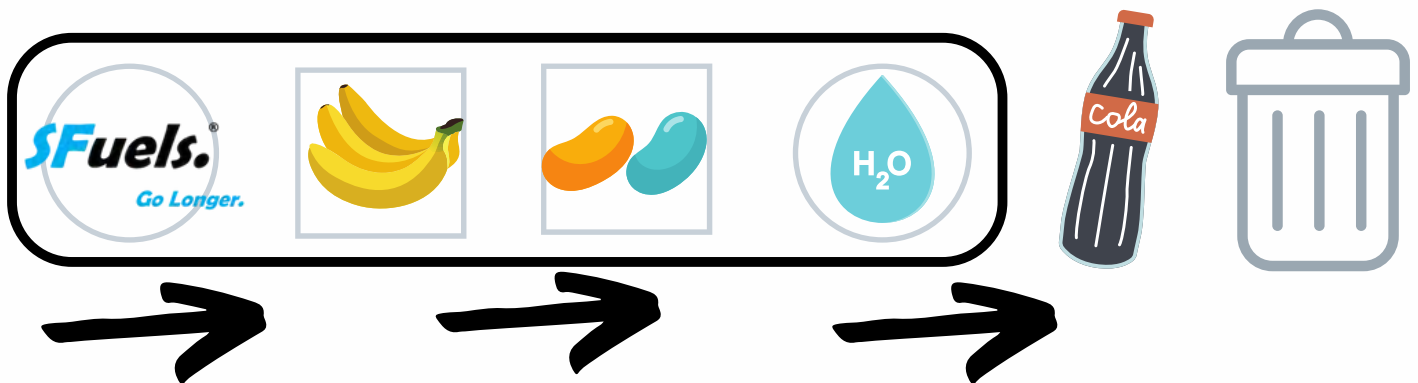
- Wear closed in shoes and the Hi Vis Vest provided when onsite at all times.
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required
- Keep noise minimal until 8am

VOLUNTEER ROLES - DETAILED

THE ROCKS AID STATION; MAP & SETUP



AID STATION LAYOUT



VOLUNTEER ROLES – DETAILED

GAMBURRA DRIVE AID STATION

Location

- Playground along Gumburra Drive and Mary Parker Drive, Redlynch. See map over the page

Times

- **Sunday** - Meet at Aid Station @ 5:50am (check-in with Cynthia Villiger)

Role

- Assist Aid Station Manager with set up of the Mary Parker Drive Aid Station from 5:50am
- Ensure water/electrolyte and bananas/lollies etc. are topped up throughout the event
- Assist runners with filling bottles/hydration vests/cups
- Inform Aid Station Manager of any issues or concerns throughout the event
- Provide encouragement and good vibes to runners
- Play music and create a fun positive atmosphere (keep noise minimal until 8am)
- Assist Aid Station Manager with pack up of Aid Station from app. 12:00pm

Communication

- Prior to the event day, communication regarding roles, questions and other information is to go to the Race Director (Joshua Duff) via email (joshua@smurfandsmurfette.com.au) or phone/text (0422 286 596)
- You will be added to the event's Whatsapp group which will be the key source for communication over the event weekend
- **On race day, your contact is Cynthia Villiger (0456 940 469)**

Safety

- Wear closed in shoes and the Hi Vis Vest provided when onsite at all times.
- Watch Volunteer Briefing prior to attending Cairns 50 (link to briefing will be emailed in the week of the event)
- Follow the instructions of the Race Director and other event staff when required
- Keep noise minimal until 8am

VOLUNTEER ROLES - DETAILED

MARY PARKER DRIVE AID STATION; MAP & SETUP



AID STATION LAYOUT

