

## 2024 CAIRNS 50 – FRIDAY VOLUNTEER ROSTER

FRIDAY APRIL 5 (BRINSMEAD PARK RESERVE)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
TEMPORARY CAR PARK BUMP IN	<ul style="list-style-type: none"> <li>Assist in “bumping-in” infrastructure at temporary car park {Brinsmead Park Reserve}</li> </ul>	3PM – 6PM	

## 2024 CAIRNS 50 – SATURDAY VOLUNTEER ROSTER

SATURDAY APRIL 6 (MORNING – BUMP-IN)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
EVENT PRECINCT BUMP-IN	<ul style="list-style-type: none"> <li>Assist in “bumping-in” infrastructure at Glenoma Park (eg. Fencing, lifting, marquees, course marking etc.)</li> </ul>	6am-10am	
		10am-2pm	

SATURDAY APRIL 6 (AFTERNOON)			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
ATHLETE CHECK-IN (5, 2, 1)	<ul style="list-style-type: none"> <li>Check-in participants for the 5k, 2k and 1k events</li> </ul>	3:00pm-5:30pm	
ATHLETE CHECK-IN (50, 30, 10)	<ul style="list-style-type: none"> <li>Check-in participants for the 50k, 30k and 10k events</li> </ul>	3:00pm–6pm	
FINISH CHUTE MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap OR to the finish line (located in Glenoma Park)</li> </ul>	4pm-6pm	
GLENOMA PARK TURN MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap (located in Glenoma Park)</li> </ul>	4pm-6pm	
GLENOMA CAR PARK MARSHAL	<ul style="list-style-type: none"> <li>Manage traffic coming and going at the Glenoma Park Car Park (including event shuttle bus and stop/drop/go)</li> </ul>	2:30pm-6pm	
AID STATION/5K TURN	<ul style="list-style-type: none"> <li>Manage small aid station and ensure runners turn at 5k turnaround</li> </ul>	3:30pm-6:30pm	STUDIO A
2K TURN MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 2k turnaround</li> </ul>		
1K TURN MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 1k turnaround</li> </ul>		

FIRST AID		3:30pm – 6:00pm	(Recovery) (Event Precinct) (Bike)
FINISH LINE/ RECOVERY	<ul style="list-style-type: none"> <li>Recovery – preparing fluid/nutrition and providing fluid/nutrition to participants</li> </ul>	3:30pm – 6:30pm	
BRINSMEAD PARK RESERVE CAR PARK MARSHALS	<ul style="list-style-type: none"> <li>Manage traffic entering and entering the car park; manage parking in the car park</li> </ul>	2:30pm – 6:30pm	
BUS DRIVER	<ul style="list-style-type: none"> <li>Shuttle people between Cairns City and Glenoma Park</li> </ul>	3:00pm – 7:00pm	



## 2024 CAIRNS 50 – SUNDAY VOLUNTEER ROSTER



SUNDAY APRIL 2			
VOLUNTEER ROLE	DESCRIPTION	TIMES	
ATHLETE CHECK-IN (50, 30, 10)	<ul style="list-style-type: none"> <li>Check-in participants for the 50k, 30k and 10k events</li> </ul>	4:30am – 7am	
FINISH CHUTE MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap OR to the finish line (located in Glenoma Park)</li> </ul>	6:30am – 9:30am	
		9:30am – 12:30pm	
GLENOMA PARK TURN MARSHAL	<ul style="list-style-type: none"> <li>Direct runners to their next lap (located in Glenoma Park)</li> </ul>	6:30am – 9:30am	
		9:30am – 12:30pm	
GLENOMA CAR PARK MARSHAL	<ul style="list-style-type: none"> <li>Manage traffic coming and going at the Glenoma Park Car Park (including event shuttle bus and stop/drop/go)</li> </ul>	5:00am – 9:00am	
		8:45am - 12:30pm	
GOOMBOORA AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	5:15am – 9:30am	
		9:30am – 1:00pm	
THE ROCKS AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	5:45am – 12:30pm	
GAMBURRA DRIVE PARK AID STATION	<ul style="list-style-type: none"> <li>Set up, manage and pack up aid station (food/fluid etc.)</li> </ul>	6:15am – 12:00pm	
10K TURNAROUND MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 10k turnaround</li> </ul>	6:30am – 8am	
50K TURNAROUND MARSHAL	<ul style="list-style-type: none"> <li>Ensure runners turn at 50k turnaround</li> </ul>	5:30am – 8:45am	
		8:15am – 11:30am	
LEAD BIKES/TAIL BIKES	<ul style="list-style-type: none"> <li>Lead – ride in front of lead runner (clear path, monitor runner wellbeing, identify hazards etc.)</li> </ul>	5:30am – 9:00am	M50
		5:30am – 9:30am	F50
		6:15am – 8:30am	M30
		6:15am – 9:00am	F30
		6:30am – 7:30am	M10

	<ul style="list-style-type: none"> <li>Tail – ride with/behind final 50k runner to monitor wellbeing of final runners and enable staff to track final runners</li> </ul>	6:30am – 7:30am	F10
		9:30am – 1:00pm	TAIL
FINISH LINE/ RECOVERY/ SPECIAL NEEDS	<ul style="list-style-type: none"> <li>Recovery – preparing fluid/nutrition and providing fluid/nutrition to participants</li> <li>Medals – hand out medals at the finish line and direct runners to recovery</li> </ul>	7:00am – 10:00am	(Medals)
		7:00am – 10:00am	(Medals)
		7:00am – 10:00am	(Medals)
		7:00am – 10:00am	(Recovery)
		7:00am – 10:00am	(Recovery)
		7:00am – 10:00am	(Recovery)
		9:45am - 12:45pm	(Medals)
		9:45am - 12:45pm	(Medals)
		9:45am - 12:45pm	(Recovery)
		9:45am - 12:45pm	(Recovery)
FIRST AID		5:00am – 1:00pm	(Bike)
			(Bike)
			(Bike)
			(Recovery)
			(Recovery)
BRINSMEAD PARK RESERVE CAR PARK MARSHALS	<ul style="list-style-type: none"> <li>Manage traffic entering and entering the car park; manage parking in the car park</li> </ul>	4:30am – 9:00am	
		4:30am – 7:30am	
BUMP-OUT	<ul style="list-style-type: none"> <li>Assist in packing up event precinct and temporary car parks</li> </ul>	12:30pm – 4:00pm	
BUS DRIVER	<ul style="list-style-type: none"> <li>Shuttle people between Cairns City and Glenoma Park</li> </ul>	5am – 1:00pm	