

# FIFTY FOR FLORIDA

# 50M.

# PCB-PSJ 10.12.19

## RELAY FOR RECOVERY

# Volunteer Info Packet

*Fueled by Causes...We Strive!*

A Production of:

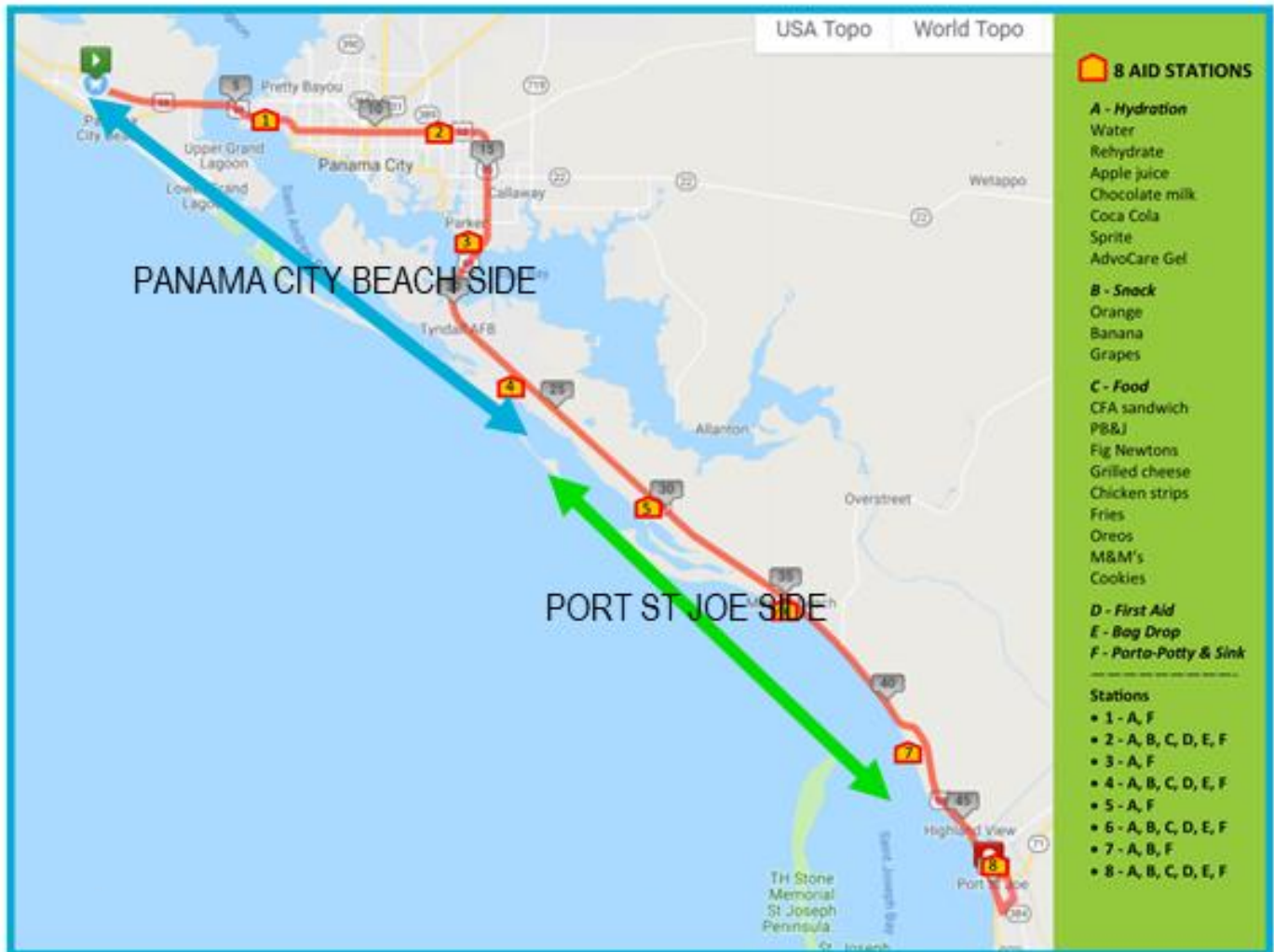
**GETSETGROW**  
— RACE PRODUCTIONS —

PO Box 60  
Locust Grove, GA 30248  
(678) 492-9939  
GetSetGrow.com



# POSITIONS BY SIDES

## PANAMA CITY BEACH – PORT ST. JOE



## AVAILABLE POSITIONS - WITH TIMES & LOCATIONS

### PANAMA CITY BEACH SIDE

#### Location:

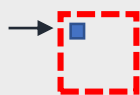
Chick-Fil-A  
11428 Panama City Beach Pkwy  
Panama City, FL 32407

#### When You Arrive: *(on time, please)*

1. Park here




2. Report to the registration tent here



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50. PCB-PSJ  
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Directed by: Tim Cannady  
Get Set Grow Race Productions  
PO Box 60  
Locust Grove, GA 30248  
(678) 492-9939 - GetSetGrow.com  
Tim@GetSetGrow.com

 Parking areas for attendees & participants. Permission has been obtained from management of each listed property.

### Setup / Parking Attendant / Take Down Crew

- 3:30 am – 7:30 am *(yes, it's early...so, thank you in advance)*
- Duties include assisting with the setup of tents, runners arch, trash cans, flags, traffic cones & parking
- Report to registration tent at 3:15 am for brief instructions and to receive your volunteer tee.
- Please put on your volunteer tee and keep visible. We need to identify you from a distance.
- Shift setup starts at 3:30 am – must complete by 4:40 am
- Once setup is complete, shift to designated parking areas to welcome and assist attendees.
- *Parking details: it is preferred that someone drop off a runner yet cars can remain parked until Sunday.*
- Shift takedown starts at 6:40 am – complete by 7:30 am
- No lifting should exceed 20lbs.

### Registration Tent Crew

- 4:20 am – 7:00 am *(yes, it's early...so, thank you in advance)*
- Report to Beverly at the registration tent at 4:15 am for brief instructions.
- Duties include assisting with packet pickup for runners preregistered online, assisting those wishing to “walk up” and register... and SMILING a lot. ☺ You will be instrumental in helping set the tone for the entire event. They got us early too and would welcome a kind word and smile, like yours.
- No lifting should exceed 15lbs. Most lifting is under 3lbs

## AID STATION VOLUNTEER..... (#1 - #4)

There are 8 aid station along the entire route. The first 4 aid stations will be serviced from the "Panama City Beach Side" and 5-8 serviced from the "Port St. Joe Side". ***Our goal is to maintain no less than 3 volunteers at each station, invite friends to register with you at the same station. Each shift is 4 hours – "extended stays" are welcomed. Parking at all stations is very limited, please carpool or have someone drop you off and pick you up. If someone is left alone at a station for more than a few minutes please inform us at (470) 251-2261.***

***NOTE: Mobile Ops & extra supplies will be located at Aid Station #4. See event page for location/directions***

### STATIONS #1 – #4

- Register for desired station #
- Visit event website for station locations  
[www.getsetgrow.com/50-for-florida](http://www.getsetgrow.com/50-for-florida)
- Please report to station 10 minutes early

### SHIFTS

- Station #1: 5:30 am – last runner (est. 8:30 am)
- Station #2: 6:00 am – last runner (est. 10:00 am)
- Station #3: 6:30 am – last runner (est. 11:00 am)
- Station #4: 7:00 am – last runner (est. 12:00 pm)

### DETAILS & DUTIES

- Please arrive on time
- Maintain adequate supply levels at your station
- Maintain a clean area at all times - trash cans are be provided. Excess trash will be removed by race team.
- Smile and engage each runners. You will impact them far more than any other aspect of the event.
- Watch for runners who may be physically struggling – encourage them to rest, eat, drink.

***Get the bib number of anyone with health concerns and report it and emergencies to (470) 251-2261***

- Send a driver to aid station #4 to pick up needed supplies.
- Monitor relay runner transitions – they must transition quick to beat 12 hr. cutoff.
- ***Call when you check-in & check-out for duty. (470) 251-2261***
- ***Assist driver in taking down tent and loading supplies in the van.***

**Hydration** – gallons poured into 10 oz cups

- a) for runners who do not wish to stop but need hydration
- b) fill cups 2/3 full
- c) keep 15+ ready at all times
- d) Stand at routes edge with cup in hand for easy exchange

**Hydration** – bottled water

- a) For those who will complete the desired content at the rest stop to reduce litter along the route.
- b) Can be used to fill personal hydration bottles / camel packs they carry

### HEALTH EMERGENCY PROTOCOL

- Call Tim (470) 251-2261 or 911 immediately
- Report aid station #
- Report bib number of runner (if applicable)
- Stay with patient until help arrives

## PORT ST. JOE SIDE

## AID STATION VOLUNTEER (#5 - #8)

There are 8 aid station along the entire route. The first 4 aid stations will be serviced from the "Panama City Beach Side" and 5-8 serviced from the "Port St. Joe Side". **Our goal is to maintain no less than 3 volunteers at each station, invite friends to register with you at the same station. Each shift is 4 hours – "extended stays" are welcomed. Parking at all stations is very limited, please carpool or have someone drop you off and pick you up. If someone is left alone at a station for more than a few minutes please inform us at (470) 251-2261.**

**NOTE: Mobile Ops & extra supplies will be located at Aid Station #8. See event page for location/directions**

## STATIONS #5 – #8

- Register for desired station #
- Visit event website for station locations  
[www.getsetgrow.com/50-for-florida](http://www.getsetgrow.com/50-for-florida)
- Please report to station 10 minutes early

## SHIFTS

- Station #5: 8:00 am – Noon; Noon - last runner (est. 2:00 pm)
- Station #6: 9:00 am – 1:00 pm; 1:00 pm - last runner (est. 3:00 pm)
- Station #7: 10:00 am – 2:00 pm; 2:00 pm - last runner (est. 5:00 pm)
- Station #8: 11:00 am – 3:00 pm; 3:00 pm - last runner (est. 7:00 pm)

## DETAILS &amp; DUTIES

- Please arrive on time
- Maintain adequate supply levels at your station
- Maintain a clean area at all times - trash cans are be provided. Excess trash will be removed by race team.
- Smile and engage each runners. You will impact them far more than any other aspect of the event.
- Watch for runners who may be physically struggling – encourage them to rest, eat, drink.

**Get the bib number of anyone with health concerns and report it and emergencies to (470) 251-2261**

- Send a driver to aid station #4 to pick up needed supplies.
- Monitor relay runner transitions – they must transition quick to beat 12 hr. cutoff.
- **Call when you check-in & check-out for duty. (470) 251-2261**
- **Assist driver in taking down tent and loading supplies in the van.**

**Hydration** – gallons poured into 10 oz cups at #5 - #7 / bottled water at Finish-line

- a) for runners who do not wish to stop but need hydration
- b) fill cups 2/3 full
- c) keep 15+ ready at all times
- d) Stand at routes edge with cup in hand for easy exchange

**Hydration** – bottled water

- a) For those who will complete the desired content at the rest stop to reduce litter along the route.
- b) Can be used to fill personal hydration bottles / camel packs they carry

## HEALTH EMERGENCY PROTOCOL

- Call Tim (470) 251-2261 or 911 immediately
- Report aid station #
- Report bib number of runner (if applicable)
- Stay with patient until help arrives

## FINISH-LINE SUPPORT & TAKE DOWN CREW

### DETAILS & DUTIES

- Report to Beverly at the Finish-Line at:  
First Baptist Church  
102 Third St.  
Port St. Joe FL, 32456

### FINISH-LINE SUPPORT

- Please arrive on time
- Maintain adequate nutrition displayed on tables for those completing their run.
- Maintain a clean area at all times - trash cans are provided. Excess trash will be removed by race team.
- Smile and engage each runner. You will impact them far more than any other aspect of the event.
- Present solo ultra runners (those that run all 50 miles) with their finisher medal. Also, make sure they receive all needed food and hydration.
- Watch for runners who may be physically struggling – encourage them to rest, eat, drink.

**Get the bib number of anyone with health concerns and report it and emergencies to (470) 251-2261**

### TAKE DOWN CREW

**NOTE: Do not begin taking things down until Tim gives the “all clear”. The race will be called at 7PM. Remaining runners will be pulled from the run course and delivered to the finish-line. They still deserve a non-distracted welcome and celebration by those serving at the finish-line.**

Assist the race directing team in the following.

- take down tents, runners arch and other equipment
- Take items to the trailers rear (without blocking the loading ramp) for them to load.

***This could not happen without an army of Superheroes... Thank you!***

### HEALTH EMERGENCY PROTOCOL

- Call Tim (470) 251-2261 or 911 immediately
- Report aid station #
- Report bib number of runner (if applicable)
- Stay with patient until help arrives