

**FIFTY FOR FLORIDA**

**50M.**

**PSJ-MXB**

**10.12.19**

**RELAY FOR RECOVERY**

# Volunteer Info Packet

*Fueled by Causes...We Strive!*



A Production of:

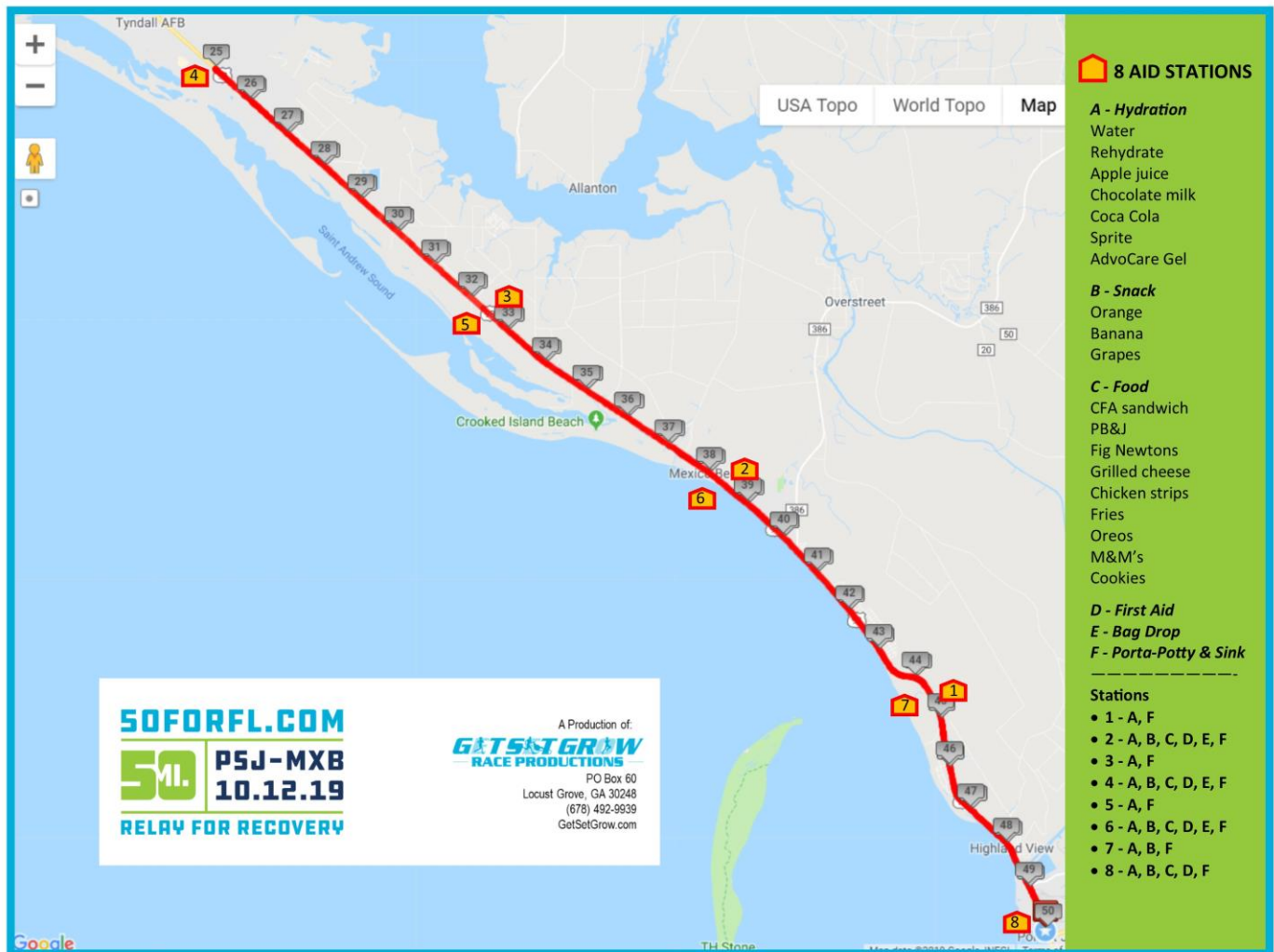
**GETSETGROW**  
— RACE PRODUCTIONS —

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



# POSITIONS

## PORT ST. JOE – MEXICO BEACH



SOFORFL.COM

50. PSJ-MXB  
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GETSETGROW  
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## AVAILABLE POSITIONS - WITH TIMES & LOCATIONS

### BASE CAMP – PORT ST JOE

#### Location:

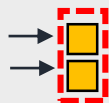
First Baptist Church  
102 Third St.  
Port St. Joe, FL32456

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

1. Volunteer Parking



2. Report to the registration tent here



FIFTY FOR FLORIDA Directed by: Tim Cannady  
Get Set Grow Race Productions  
50<sup>MI.</sup> PSJ-MXB PO Box 60  
10.12.19 Locust Grove, GA 30248  
RELAY FOR RECOVERY (678) 492-9939 - GetSetGrow.com  
Tim@GetSetGrow.com



### Base Camp Setup Crew / Parking Attendant

- Begins at 3:00 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 3:00 am for brief instructions and to receive your volunteer tee.
- Please put on your volunteer tee and keep it visible. We need to identify you from a distance.
- Setup must be completed by 4:45 am as registration opens at 5:00 am.
- Once setup is complete, shift to designated parking areas to welcome and assist attendees.
- Parking includes both lots. The goal is to welcome runners and assist them in getting to the start location. Begin overflow lot assistance at 5:00 am. A driver will take you to the location 2.1 miles away.
- 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 - #8)

There are 8 aid station along the entire route. All aid stations will be serviced from “ base camp” (start/finish line area) **Each station will host 1 Law Enforcement Officer, aid station Marshal and 2 volunteers. invite friends to register with you at the same station. The shift at each station varies and can be seen on the event website page in the Aid Stations section. Transportation to your respective aid station – you can either ride the bus or drive. Parking at all stations is very limited, please carpool or have someone drop you off and pick you up. PLEASE BE ON TIME 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 – #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 #1: 5:30 am – 8:30 am
- Station #2: 6:00 am – 10:00 am
- Station #3: 6:30 am – 11:30 am
- Station #4: 8:00 am – 1:00 pm
- Station #5: 8:30 am – 2:00 pm
- Station #6: 10:30 am – 4:00 pm
- Station #7: 11:30 am – 5:00 pm
- Station #8: 12:00 pm - 7:00 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

### 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

### 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

## 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

### 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

- 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 be 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 6:30PM. 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!***