



## Race start location

480 Skyway Dr. Camarillo, CA 93010 Camarillo  
AirPort, Corner of Eubanks / Pleasant Valley Rd.

**Sprint- 9:00 a.m. Long course -8:00 a.m.**

## Volunteer info for Camarillo Duathlon Series 2010

### General info:

- **Race Director info:** Bill Escobar 805-258-3779
- Please make sure you bring your cell phone with you on race day.
- Allow for traffic congestion in the morning, we have hundreds of people all trying to get to the same area at once.
- Bring a jacket and bring sun block, hat, sun glasses, the weather is unpredictable so we want you to be comfortable during the race
- This event is at Freedom Park at the Camarillo Airport and there is no shade at the expo area. Forecast is hot for race day.

## Race day Sunday August 1, 2010

### **5:30a.m. (6 volunteers needed)**

Race course set up team should arrive on site and help out with directional signs set up and PA system set up.

### **6:00 a.m. (4 needed)**

Volunteers for Race Day check in should arrive at this time and be ready to help with athlete check in process that starts at 6:30 a.m. and ends at 7:30 a.m.

### **7:00 a.m. (10 needed)**

All aid station and intersection volunteers should be on site at this time. Please make sure to check in with Bill, Laura, or Larissa Escobar and then report to your pre assigned station. If you have not been assigned to an area please make sure you mention that right away. Bill Escobar – 805-258-3779, Laura Escobar – 805-258-2288, Larissa Escobar- 805-258-1633

### **Intersections that need volunteers ALL volunteers must be in place by race start.**

Run Turn around station near finish line **(4 needed)**

Dismount station at transition **(3 needed)**

Traffic flow monitors at Eubanks and Pleasant Valley **(4 needed)**

Run Turn around on Skyway Dr. (bring red flag, table, water, turnaround sign. **(2 needed)**

### **7:30 a.m.**

Aid stations should be filled with volunteers and volunteers should be pre-pouring water into cups for runners that will be coming your way. Other volunteers should get trash bags ready to clean up the empty cups that runners will be tossing along the path as they pass. Please do your best to get all the cups that runners toss on the road.

### **7:30 a.m.**

All aid station captains should **text or call Bill Escobar and check in to make sure we have all stations covered** and ready to go before the race starts. All intersection volunteers (two

person teams) should be in place and text Race Director to confirm their position and ready to go.

**8:00 a.m.**

Race start gun goes off for Long course

All runners will be looking to volunteers for water, Gatorade, and in some cases directions.

Please make sure you keep your eyes out for approaching runners at all times.

**10:15 a.m.**

Check your watches... The course is designed so that the slowest runner should come across the finish line in about 2:20 that's two hours twenty minutes. Use a rule of thumb of about 10 to 15 minutes per mile for some walkers and you will get an idea of when the last athlete passes your station. The bike portion of the race will take the slowest rider about 1:15 max to finish the long course.

When the last runner has passed your station please text or call the race director so that we know what the flow of runners is doing on race day.

Once the last runner passes your station please clean up your area and call for a ride back to the race site. If you drove your own car to the aid station location please make sure you bring any and all trash bags with you and place them in the event dumpster near the expo. Please make sure you check in with the race director to see if you are needed for any other race activities. If you have to leave at a certain time please remind the race director of that as well.

**Finish line team:**

Timers, keep your eyes peeled for runners coming across the line, your job is vital to the success of this event.

Give each runner a bottle of water and congratulations. Please alert the first aid people of anyone that looks like they are in trouble.

**11:00 to 12:00 Clean up team:** (6 people needed please arrive no later than 10:30)

will be at the race expo location and clean up any and all trash, cups, bottles, etc that this race created in that area. Pick up the water station tables and any leftover supplies that might still be there.

If you have any questions please feel free to call me or e-mail me ASAP  
Thanks in advance for helping out and we will see you on Sunday!

Bill Escobar  
Race Director  
Camarillo Duathlon Series 2010  
[www.CamarilloDuathlon.com](http://www.CamarilloDuathlon.com)  
805-258-3779