

You've volunteered (or been volun-told) for Alaska Relay. Now what? Here's the skinny on what to expect and what's expected of you.

First and foremost, thank you for stepping up. Even if you were "lovingly compelled," we are grateful for your participation as this event is only possible with our small army of volunteers out on the course. Your team thanks you as well, and while your first finish line beverage is on us, the second one should definitely be on them!

## Your Duties

The majority of our volunteers are stationed at exchanges. These are designated locations on the course where teams will hand off one runner to the next. Each exchange has three elements to it: PARKING, SPECTATING, & EXCHANGE.

- **Parking.** Every team will arrive at the exchange in their team van. At most of our exchanges, parking will be fairly self-managing, however it's important to start things right. Make sure the first team that arrives parks in the right place and others will follow suit. In some exchanges, parking will require active management to make sure space is well utilized and flow is managed. See your specific site details.
- **Spectating.** Teams will arrive before their runner does, and will often get out, stretch, chat up & cheer on other teams, relieve themselves in the Porta-pot, and eat a PB & banana sandwich. Obliviousness is your main challenge here. Make sure that teams know where to go (if parking and the exchange are not side-by-side) and that their out-of-van interactions don't impede the other two elements (Parking & Exchange). You'll also be the first line of response for everything from "where's the portapot" to "we're dropping out and heading to the finish."  
ONLY ANSWER WITH WHAT YOU KNOW. You can always reach out to a race official with questions you don't know the answer to.
- **Exchange.** The actual handoff runner to runner is of course, why you're all hanging out on the side of the highway at 3 in the morning. You'll be provided with a checklist of teams; mark off each team, preferably with the time, when the handoff occurs. Make sure that runners do their handoff at the designated location.
- **At the End of It All.** Once your last team has handed off, you'll need to do a quick breakdown of your site. Sweep the area for trash, and gather it and any equipment together next to the portapot for our sweep crew to pick up.

## Key Rules to Be Aware Of

- **Alcohol.** We only enforce open container law, so what any participant chooses to consume at an exchange is their choice. HOWEVER, if a team drives with open containers or a driver is drinking, notify a race official immediately.

- **Night-time Hours.** Between the hours of 11pm and 4am, everyone out of their vehicle needs to have a reflective vest on. They have one, they showed it at the start line, don't let them convince you otherwise. Additionally, every active runner must have a light shining backwards and another shining forwards. Usually this is a red flasher and a headlamp, but other light sources are acceptable so long as they are visible from front and rear. Enforcement of this rule should be kind but firm. 99% of the time, they just forgot.
- **Pushback.** If any participant balks at a rule reminder or otherwise makes your enforcement uncomfortable, back off and contact a race official who will be the bad guy.

### Interacting with Teams

- Be loud and cheerful as runners come and go. They appreciate the enthusiasm, even when their face says they don't.
- Interact with the teams who are waiting for their runner. Show them where to wait, where their runner will be coming from, and where the next one is headed. Sounds a little extroverted, but it helps everyone's mood to be a little engaging, and proactive comments will catch questions and issues before they arise.
- These people thought running 187 miles over 2 days seemed like a fun Friday night. As they come in sweaty, stinky, exhausted, and questioning their life choices, be what refreshes them to finish strong.
- All teams have the option to drop out of competitive status. If they do so, they may notify you as the first representative they see. Please communicate the team's change of status to the race director or a race official. Teams that have left competitive status are allowed to skip legs and run only what they want.

### Wildlife

This is Alaska and wildlife is a real factor in our event. Moose can show up anywhere on the course, and bears have been sighted during the race between Girdwood and Hope. If an animal is spotted on the course, the exchanges before and after will be notified so that runners are prepared. In most cases, advance warning is all that is needed and animals move along. If additional steps are necessary, you will be given instructions by the race director on what to communicate to teams at your exchange, up to and including closing a leg of the course.

### Suggested Items to Bring with You

Food/snacks (for you and race participants if you want!)	Paper towels/Sani-Wipes Bug spray!
Water/other beverages (no Alcohol)	Blanket
Ice Cooler	Extra Toilet Paper – (porta potties)
Music	Full tank of gas in your car

Hat & Sunglasses	Direction to assignment (Google maps)
Sunscreen / Sun block	
Flashlight (extra batteries)	Fully charged cell phone (may not have reception)
Umbrella, tent or sun shade	Money – cash