

TRYCHARLESTON

SWIM, BIKE AND RUN

YOUR WAY THROUGH THE LOWCOUNTRY



TRYCHARLESTON.ORG • 843-296-4284

VOLUNTEER!

Saturday, April 18th, 2015

Locations: KOA Campgrounds and Park West in Mount Pleasant, SC

All volunteers receive an event t-shirt, lunch, and the opportunity to work with the only USAT-Certified triathlon in the tri-county area!

Please fill out this form and send to:

Mail:
Tiffani Collins
PO Box 30576
Charleston, SC 29417

Email:
Tiffani@TryCharleston.org

Phone:
(843) 437-9596

How Do You Want To Help?

Please check your volunteer position of choice and highlight or underline the time you would like if more than one shift is listed.

Friday, April 17th, 2015

- Registration Table (12:00pm-3:30pm) or (3:30-7:00pm)
- Hand out t-shirts and goodie bags to athletes
- Transition Area (12:30-4:00pm) or (3:30-7:00pm)
- Assist athletes with racking their bikes

Saturday, April 18st, 2015

- Registration Table (5:00am-7:30am)
- Information Tent (5:30am-10:30am KOA)
or (10:30am to 3:30pm CARIO)
- Floater Volunteer (5:00am-10:00am)
or (10:00am-3:00pm)
- Transition Area I (5:00am-8:30am)
-Body marking (write numbers on athletes)
-Assist athletes with removing wetsuits
and assist with closing of Transition Area I
- Swim Start/Finish (6:00am-8:30am)
- Point athletes in the right direction
- Volunteer on the Water (6:00am – 8:30am)
- On the water in kayaks, paddle boards, etc.
- Bike Directional (6:30am-12:15pm)
-Point cyclists in the correct direction
- Bike Aid Stations (3) (6:30am-12:15pm)
-Preferred groups of 6-8 people
- Run Directional (7:00am-11:30am) or (11:00am-3:30pm)
- Point runners in the correct
- Run Aid Station (7:00am-11:30am) or (11:00am-3:30pm)
- Hand Runners Heed and snacks as they pass
- Transition Area II (7:00am-12:30pm)
- Assist athletes in putting up bicycles
- Direct athletes to water, Heed, etc.
- Assist with organization/placement of athletic bags
- Finish Line (8:00am-12:00pm) or (11:30am-3:30pm)
- Hand out medals as racers cross finish line
- Direct athletes to water, Heed, medical, etc.
- Food Tent (9:00am-12:30pm) or 12:00pm-3:00pm)

VOLUNTEERS UNDER THE AGE OF 16 MUST BE ACCOMPANIED BY AN ADULT

Name: _____ **Age:** _____ **Shirt Size (Adult Sizes Only):** _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Email: _____ **School** (if applicable) _____

Phone: (day) _____ **(cell)** _____