



Tri CLE Rock Roll Run

Cleveland, Ohio | August 21, 2021



Volunteer Guide



TABLE OF CONTENTS

- 3 Tri CLE Rock Roll Run**
- 4 General Information**
- 5 Edgewater Park Venue Map**
- 6 Venue Information**
- 8 Medical and First Aid**
- 9 Thursday & Friday Volunteers**
- 10 Saturday Volunteers**

Tri CLE Rock Roll Run

This is the inaugural race for the Tri CLE Rock Roll Run.

There are over 500 athletes competing:

- Varying ages (teens to 80+ years old)
- Race distances (Super Sprint, Sprint, and Olympic)
- Division (Triathlon, Aquabike, Relay)
- Coming in from all over the US (Pennsylvania, West Virginia, Delaware, Michigan, New York, Washington DC, Minnesota, North Carolina, Kentucky, Arizona, Maine, Indiana, Illinois, Virginia, Missouri, Texas)

YOU ARE a part of something big for the City of Cleveland and multisport racing, especially in a time when having races has been uncertain.

This may be the first multisport race for some athletes or their 50th!

In a time when it is hard to get volunteers to help with races, **YOU** have made a decision to help the multisport community, plus make someone's racing dreams a reality.

VOLUNTEERS are the heart of any race, and we cannot have this race without you!

THANK YOU!



We recommend reviewing the [Athlete Guide](#) before your volunteer shift.

General Information

If you have any questions or concerns regarding your volunteer shift, please do not hesitate to contact our customer service team:

Elaine Boyd: customerservice@hfpracing.com

Melanie Prohaska: customerservice@rockrollrun.com

VOLUNTEER PARKING

Thursday

Edgewater Park – 7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- Volunteers will park at Edgewater Park for their shift.

Friday

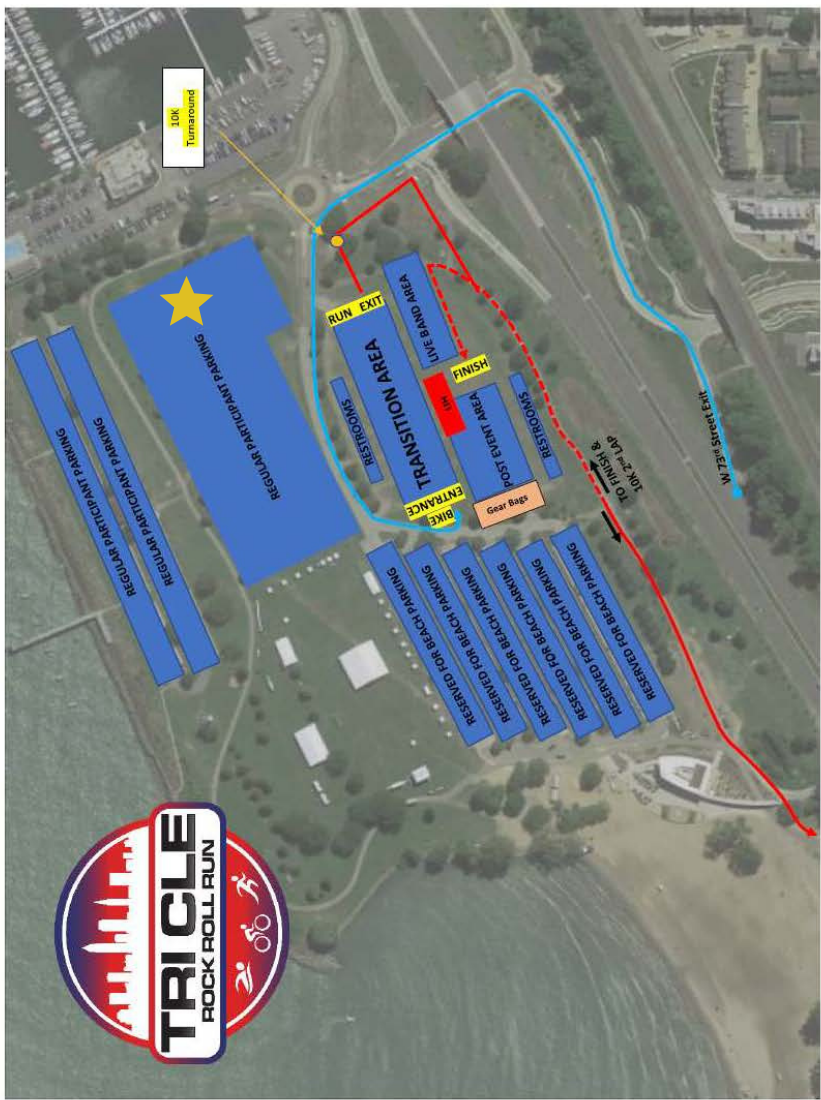
Edgewater Park – 7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102

- Shift at Edgewater Park: Park in the general parking then check-in at the volunteer tent for your shift.
- Shift at the North Coast Harbor: Park in the general parking at Edgewater Park, check-in at the volunteer tent, then drive to the North Coast Harbor for your shift.

Saturday

- Edgewater Park – 7600 Cleveland Memorial Shoreway, Cleveland, Ohio 44102
- Volunteers must park at Edgewater Park on Saturday morning. If your shift is at the North Coast Harbor, you will take the shuttle from Edgewater Park to the North Coast Harbor.
- The shuttle will be transporting volunteers throughout the morning to and from Edgewater Park and the North Coast Harbor.
- See the map on the next page with the yellow star on where to park on Saturday.

Edgewater Park Venue Map



Venue Information

Start Line: North Coast Harbor

Medical/First Aid: Transition #1 (North Coast Harbor) & Transition #2 (Edgewater Park)

Lost and Found: Volunteer tent at Edgewater Park

Event Parking: Parking information can be found [here](#)

Finish Line & Awards Ceremony: Edgewater Park

Course Maps: Click [here](#) to access the course maps for the event

What to Wear & Bring

We ask that you wear your official volunteer t-shirt at all times while on duty. This will allow athletes and staff to pick you out of a crowd more easily.

Since the event is an outdoor event, please prepare yourself for different weather conditions. You are responsible for the following items, as we cannot guarantee a secured area at the event.

We recommend you bring the following items:

- Sunscreen
- Water
- Sunglasses and/or hat
- Cell phone
- Mask
- Jacket (if needed)
- Headlamp/Flashlight (We have flood lights, but a good idea to have either of these for the Saturday early morning shifts)

Volunteer Information

Check-in Location:

Unless other instructions are given, please check-in at the volunteer/information tent at the 'Post Event Area' at Edgewater Park. **You will receive your volunteer t-shirt upon check-in** and sign volunteer waivers.

Check-in Times

Each job may require a different check-in time so please refer to your sign-up information, and please plan to arrive 15 minutes ahead of the scheduled time.

Personal Belongings

There will be no secure areas to store personal belongings. Please bring as little as possible and what you can carry in a backpack.

Lost Property

The lost and found area will be located at the volunteer tent. All items and inquiries should be directed there.

Food and Beverage

Water bottles and snacks will be available for volunteers.

On Friday and Saturday, there will be food trucks at Edgewater to purchase food.

Masks & Gloves

- Masks will be provided to volunteers.
- Gloves will be provided for specific volunteer locations.
- There is not a mandate to wear masks/gloves, however, we highly recommend volunteers to wear masks in areas where it is difficult to social distance from other people - such as shuttles, aid stations, at the finish line.
- Our staff will lead by example and has been advised to wear a mask in crowds and close proximity to others

Medical & First Aid

University Hospitals

UH is the Medical Sponsor of this event. They will have staff and the necessary equipment to take care of any medical needs at the North Coast Harbor (swim), will be at various spots on the Memorial Shoreway (bike), will be at various points at Edgewater (run), and in the 'Post Event Area' at Edgewater.

In the event of a medical situation

- Assess the scene but do not put yourself at risk.
- Stay with the injured party and keep calm.
- If you have a cell phone, contact your volunteer coordinator; otherwise, get someone else to contact him/her for you.
- Note the facts and location to provide them to your volunteer coordinator.
- Never move a person if you suspect broken bones, back or neck injuries.
- Only provide first aid if you are qualified (the minimum requirement is a current first-aid certificate).
- Assist persons responding to the emergency.
- Ensure that someone warns oncoming athletes to avoid another accident, especially on the bike course.
- Advise the motorcycle drivers who patrol the racecourse.
- If it appears to be a serious injury, please dial 911. If it does not appear to be a serious injury, please do not dial 911. Use your best judgement.

Thursday & Friday Volunteers

EDGEWATER PARK

Transition #2 Set up

(Shifts: 8:00 am - 12:00 pm & 12:00 pm to 5:00 pm)

Assist with setting up Transition #2 area

Athlete Packet Pick-up & Expo

(Shifts: 11:00 am - 4:00 pm & 4:00 pm to 8:00 pm)

- Athletes will receive their official race number, information packet, swim cap.
- Assist with set-up of the Expo area.

Transition #2 Run Gear Check-in

(Shifts: 11:00 am - 4:00 pm & 4:00 pm to 8:00 pm)

- Check wristbands of athletes dropping off their run gear in transition.
- Assist with questions on where to put their gear.

NORTH COAST HARBOR

Swim Course TA #1 Set up

(Shifts: 8:00 am - 12:00 pm & 12:00 pm to 5:00 pm)

Setting up the swim course area and Transition #1.

Transition #1 Bike Drop-off

(Shifts: 11:00 am - 4:00 pm & 4:00 pm to 8:00 pm)

- Check wristbands of people dropping off their bike in transition.
- Assist with questions on where to rack their bike.

Saturday Volunteers

EDGEWATER PARK

Participant Shuttle Concierge

(Shift: 3:30 am - 6:30 am)

- Direct athletes on which shuttle to take
- Answer questions athletes may have on the ride to the North Coast Harbor.

We ask that shuttle volunteers wear a mask while on the shuttle for the safety of themselves and the athletes

Edgewater Park Parking (Assist)

(Shift: 3:30 am - 6:30 am)

Direct athletes & volunteers on where to park on race day.

Transition #2 Run Gear Check-in/Transition Monitor

(Shifts: 3:30 am - 8:00 am & 8:00 am - 12:00 pm)

- Before the race: Check wristbands of athletes dropping off their run gear in transition.
- Before the race: Assist with questions on where to put their gear.
- During the race: Make sure only athletes with their wristbands are in transition - as athletes may want to get their personal belongings (Not their bike) during the race
- During/After the race: After the last bike is in transition, athletes will be allowed to retrieve their bike and MUST have their wristband on. **DOUBLE CHECK** the wristband number and the bike number - they need to be the same number.
- **No wristband = No entry**

Various bike course volunteer roles

(Shift: 6:00 am - 10:00 am)

- Bike course directions
- Mount & dismount line
- Directions (E. 9th St, West Blvd, Marginal Road)

Run Aid Station #1, #2, & #3

(Shift: 6:00 am - 12:00 pm)

- Prepare cups of BASE Performance Electrolyte drink
- Prepare cups of ice and/or water

We ask that aid station volunteers wear a mask & gloves for the safety of themselves and the athletes

Saturday Volunteers

EDGEWATER PARK

Run Course Directions

(Shift: 6:00 am - 12:00 pm)

- Give directions to athletes on where to turn on the run course
- Stationed at the top & bottom of the stairs to ensure that athletes are safe going down and up the stairs

Finish line medals, water, timing chips

(Shift: 8:00 am - 12:00 pm)

- Give finisher medal as each athlete finishes
- Give water as each athlete finishes
- Remove timing chip as each athlete finishes

We ask that volunteers at the finish line wear a mask & gloves for the safety of themselves and the athletes

Expo/Finish Area/Transition #2 Teardown

(Shift: 12:00 pm - 5:00 pm)

Teardown of these areas after the race is finished

EDGEWATER PARK OR NORTH COST HARBOR

General Volunteer - Role TBD

(Shift: 5:00 am - 11:00 am)

This is a flexible role depending on where we need more volunteers stationed.

Saturday Volunteers

NORTH COAST HARBOR

Assist with Swim Entrance/Exit & Swim Course Teardown

(Shift: 4:00 am - 10:00 am)

- Direct athletes on when to start the swim and help them exit the swim course.
- Tear down the swim course after the last athlete exits the water

Lifeguards (SUP) & Swim Course Teardown*

(Shift: 4:00 am - 10:00 am)

- Water safety on the swim course, should an athlete need assistance.
- Tear down the swim course after the last athlete exits the water.
- Load gear bags from Transition #1 onto truck that will be transported to Edgewater.

Lifeguards (Kayak) & Swim Course Teardown*

(Shift: 4:00 am - 10:00 am)

- Water safety on the swim course, should an athlete need assistance.
- Tear down the swim course after the last athlete exits the water.
- Load gear bags from Transition #1 onto truck that will be transported to Edgewater.

Transition #1 Volunteer

(Shift: 4:00 am - 10:00 am)

- Check wristbands of athletes as they enter Transition #1.
- **No wristband = No entry**
- Transition #1 closes at 6:15 am - no athletes are allowed back into Transition #1 unless they are done with the swim portion of the race. The exception is that Relay team members will be in Transition #1 to start the bike.

**Lifeguards/Swim support with SUP & Kayak, you can check in on Friday night & get your volunteer shirt, then take your watercraft to the North Coast Harbor and place it in Transition #1. There is security overnight to ensure that your equipment is safe.*

EDGEWATER PARK OR NORTH COST HARBOR

General Volunteer - Role TBD

(Shift: 5:00 am - 11:00 am)

This is a flexible role depending on where we need more volunteers stationed.

THANK YOU!

**Volunteers are essential
to each athletes race
experience**



TRANSDIGM
GROUP INC.



University Hospitals
Sports Medicine



oswald

RCT LOGISTICS



bike  Ohio