

COURSE MARSHAL

The volunteer effort you provide as a Course Marshal is very important to the safety of the runners and walkers, as well as drivers of vehicles entering or crossing the course. For their safety and yours, please read and observe the following information regarding your job as Course Marshal.

1. You have been issued a safety vest. For identification and your safety, please wear the vest at all times.
2. **Please report to your assigned position at least 30 minutes prior to the scheduled start of the race.** The race cannot start until all Course Marshals have reported to their assigned locations and a police officer has verified that everyone is in place.
3. When the race begins, be alert and do not leave your post until relieved or until assured by the course sweep vehicle that the event is over. Once your vest and sign have been picked up by the sweep vehicle, you are free to leave.
4. When **runners or walkers are in the immediate vicinity** of your station, make sure that all motor traffic is stopped and not allowed to enter the path of the runners or walkers. **BE FIRM, BUT POLITE.** Communicate with the driver if possible.
5. If **runners or walkers are not in the immediate vicinity** of your station, vehicles may be allowed to pass through the race path. Do not allow the vehicles to stop or slow in the race path. Move the vehicles through quickly, one at a time, to assure that none will be on the race course when the runners and walkers are present.
6. **NEVER ALLOW VEHICLES AND COMPETITORS TO MIX!**
7. If you are issued a Stop/Slow paddle, it should be held in a most visible manner to assure that drivers of vehicles clearly see what is requested of them. Do not send mixed messages. Make sure that drivers and competitors understand what you expect them to do. Be assertive!
8. If you leave your post before the sweep vehicle comes through, please return your vest and stop paddle to: Run Hub Northwest.

Thank you for your tremendous support of the event!