



# IRONBULL Ultra Trail 50k/25k/15k & Kids Run VOLUNTEER PACKET

9/30/23

State Park Speedway  
147711 N Mountain Rd, Wausau, WI 54401

Volunteer Manager Andrea Larson: 715-574-4440

## **Goal:**

Our primary goal for the event is to give all racers, volunteers, and spectators a safe and positive race experience. Make volunteering fun – dress up in a costume, encourage each other, and stay positive! Be prepared for situations that will arise – please read this document thoroughly.

## **Parking:**

State Park Speedway - 147711 N Mountain Rd, Wausau, WI 54401

## **Check in:**

All volunteers must check in at State Park Speedway prior to your shift, unless otherwise pre-arranged. Upon check-in, volunteers will receive detailed instructions.

Saturday, 9/30/23 (See website for detailed event schedule.)

- 5:00 - 6:30 am: 50k & 25k packet pickup
- 7:00 am: 50k & 25k start
- 11:00 am - 12:30 pm: 15k packet pickup
- 11:30 am - 12:00 pm Kids Run registration
- 12:15 pm Kids Run start
- 12:35 pm Kids Run end
- 1 pm: 15k start
- 1:00 - 6:00 pm: Food available for racers and spectators (we will box up extra meals for volunteers/racers still on course)
- 6:30 pm: Course close

## **Check out:**

Notify the Volunteer Manager, Andrea Larson at 715-574-4440 when you leave the event.

## **Food/drink:**

Ruby Coffee will be available for everyone in the morning. We will also have bagels and bananas available for volunteers in the morning. Water and snacks will be available at all aid stations and the

finish line for all volunteers throughout the event. Please bring your own food and beverages if you will need anything before 1 pm Saturday or if you're located at a remote location. Between 1 pm and 6 pm, you may redeem your meal and drink ticket anytime at the post-race festival. If you're volunteering during the whole event, make sure you get meal and drink tickets for lunch and supper! We desire to create minimal waste, so bring your own water bottle. If you need other snacks or have food restrictions, feel free to bring your own food items.

**What to bring:**

Because you will be working outside for your entire shift, we suggest that you bring items such as: appropriate clothing for rain/heat/cold, good shoes, extra clothes/shoes, folding chairs (please label), hats/umbrellas for shade/rain, sunglasses, sunscreen, and bug spray. All volunteers are required to have a charged cell phone and writing utensil that will work in the elements and paper with them at all times. Check local weather and plan ahead.

**Dress:**

In addition to dressing for the weather, all volunteers working at the event on Saturday will be provided a high visibility vest to wear to designate themselves as a volunteer. Dressing in IRONBULL gear or costume is encouraged but please wear your vest if possible.

**Communication:**

All general volunteer questions should be directed to Volunteer Manager, Andrea Larson, 715-574-4440. Please provide us feedback on improving the process and event for all involved.

**Emergencies:**

Follow the below Emergency Action Plan

1. Communication plan

Emergency: 911, then notify in order below

Executive Director & Volunteer Manger	Andrea Larson	715-574-4440
Assistant Executive Director	Zach Ziesemer	920-716-3610

For non-emergency situations, call the following in order above.

2. All the above contacts have a comprehensive emergency action plan that they will implement in such situations.
3. Each volunteer is provided either a hi-vis vest, so participants / spectators know who's a volunteer.
4. The entire race is on trails with no road crossings.
5. Volunteers are instructed to use judgment to determine level of medical assistance. First aid may be initiated according to the specific skills of the personnel present. They may assist participants with acute injuries (first aid) but if they have any questions, they are to contact the executive director. When administering first aid, volunteers should follow:
  - Check the scene to see if there are any hazards present before doing anything else
  - For emergencies, volunteers are to call 911(or if there is someone else present, have them call 911 while you stay with the victim), then the executive director. (If an ambulance is not needed or an injury is not life-threatening, notify the executive director.)

- Care – you need to identify yourself, what you see, what you are trained to do, and ASK PERMISSION to provide aid if the victim is responsive (if they are not responsive permission is implied), then provide care until EMS arrives.

Volunteers must record any participant's name/bib number that requires any medical care so the executive director can check back with them. An incident report will be completed and filed with the executive director whenever medical treatment is provided or requested.

6. All volunteers are advised to wear gloves if in contact with blood. Contact executive director if a large amount of blood needs to be cleaned up.
7. Volunteers will record each racer's bib numbers at each aid station (every 2-4 miles). If a racer is considered missing, the executive director will be contacted. The executive director may assign a first aid trained volunteer to sweep the course or the racer may be contacted (call/text/email).
8. Volunteers at aid stations are provided a basic first aid kit. Volunteers may bring additional first aid items that they are comfortable utilizing.
9. Volunteers at each aid station should be assigned to manage garbage throughout the race to avoid trip/slip hazards.
10. Volunteers handling food for direct consumption should wear food-safe gloves.
11. The entire race course is marked with arrows, utility flags, marking chalk, and ribbons. If markings are reported to be unclear, altered, or removed, participants are instructed to contact the race director. The race director will appoint someone to remark that area and/or stand there to direct racers.
12. The race director will make arrangements for transportation of any drop-outs. Racers are instructed to remove their bib if they drop out.
13. There are a few areas that may not have cell phone coverage on the trails, depending on the carrier. If possible, keep moving and make call when back in cell phone coverage. For some positions that are more prone to lose cell coverage, a walkie-talkie may be provided.
14. Volunteers are informed of most likely risks during event for participants:
  - Terrain / falls (sprains, cuts, abrasions, contusions)
  - Illness
  - Fatigue / overexertion / gastrointestinal
  - Hydration (dehydration/hyponatremia)
  - Weather (heat/cold/wet)
  - Blisters
  - Intoxication

Race Courses are accessible at the following link: <https://caltopo.com/m/N2T45>

Event website: <https://www.ironbull.org/ultra-marathon-details>

Racer guide (for all the info conveyed to racers including distances between aid stations): <https://www.ironbull.org/race-guide-ultra-trail>

Notes: