

2017 Iron Mom Volunteer Information

Thank you for volunteering at this great event! Proceeds raised from the race will help families in need in our area with food, clothing, utilities, medications, dental, eyeglasses, household goods, personal hygiene items and Christmas food assistance. We couldn't make this event a success without you, so thank you!

Below you will find volunteer information and race information. Please familiarize yourself with the information provided prior to race day. If you have any questions, please call Family Service Society at 270-443-4838 or Jim Dudley 270-293-9104

www.paducahironmom.com also has race map and information regarding the race.

All Volunteers:

1. Please pick up your volunteer t-shirt on **Friday, May 12** from **10AM-6PM** at **Paducah Convention Center**, located at **1 Executive Blvd, Paducah, KY 42001**.
2. Report to your assigned volunteer spot on **Saturday, May 13th**. You will receive a separate email with your location and report in time. Be sure to wear your volunteer t-shirt so the runners can easily identify volunteers and traffic can acknowledge that you are the authority for your assigned spot. If you are unable to be at your assigned spot, contact **Amy Taylor Nolan 270-217-4774 the week before the race or Jim Dudley 270-293-9104** Friday or Saturday Morning.
3. Please stay at your assigned spot until the last runner has passed your area, it will be no later than **11AM**. Once released, please join us downtown at the finish line to celebrate!
4. **IF YOU ARE SIGNED UP ON JEFFERSON STREET PLEASE NOTE THAT WE ASK 1 OF THE 2 VOLUNTEERS TO HEAD OVER TO THE MADISON STREET INTERSECTION AFTER LAST RUNNER OR BY 8AM. IF YOU CAN'T DO THAT PLEASE EMAIL AMY IN ADVANCE AT amy.nolan@fssp Paducah.com**
5. See below for job descriptions for volunteers. Again, call Family Service Society or Jim Dudley if you have any questions.
6. Also, please read over and familiarize yourself with the race information below in case you get questions from racers on race day.
7. A map of the race is attached, please familiarize yourself with the route prior to race day.
8. Turns in the route are marked with blue lines on pavement. Direct runners to follow blue about

Race Information – all volunteers please read:

Packet Pick Up – Friday from 10AM-6PM at Paducah Convention Center, located at 1 Executive Blvd, Paducah, KY 42001 and/or Saturday at Registration Table near Finish Line downtown
VOLUNTEERS WILL HAVE PURPLE SHIRTS. RUNNERS/GREEN. STAFF/WHITE

- **Race Begins at 7AM on Jefferson St. downtown (Directly Across from National Quilt Museum).**
- There are 11 water stations at approximately each mile. Water is also available at Transition Area 3 (Noble Park) and at the finish line. Powerade is offered at miles 3, 6 & 9. GU offered at miles 7 & 10. (GU is an energy gel)
- There are 3 Aid Stations: Mile 3(transition area 1), Mile 6 (transition area 2), and Mile 10(transition area 3). Aid Stations will provide an attendant with basic knowledge of First Aid and limited First Aid Supplies.
- KSP- K-9 sweep and on route located at H.C. Mathis Drive & Kruger Street intersection and H.C. Mathis & Mildred Street Intersection, park and 25th and 26th. (2 lighted vehicles)

- Lighted Lead Vehicle (Polaris) (Will be in the front of runners at the Start Line)
- PPD Bicycle officer will lead runners through Greenway Trail (Lighted Car will pick up the front of the group inside Noble Park near Skatepark)
- PPD at following intersections:
 - (3rd & Jefferson/3rd & Madison)
 - (4th & Jefferson/4th & Madison)
 - (28th & Jefferson)
 - (Park Avenue & Allen Lane-2 vehicles)
 - (Park Avenue & H.C. Mathis Drive-1 vehicle/2 officers)
- McCracken County Sheriff's Office at following intersections
 - (Lighted Vehicle at Pines Road & 36th Street)
 - (Lighted Vehicle at Minnich & Friedman Lane)
 - (Lighted Vehicle at Stonewall Drive & Friedman Lane)
 - DES (Weather Spotters/Command Vehicle at Carson Park)
 - (SAG Wagon-ATV behind last runner/walker)
 - (9th & Jefferson/ 9th & Madison-Lighted Vehicle)
 - (13th & Jefferson/13th & Madison)
 - (Fountain Ave & Jefferson/Fountain Ave & Madison)
 - (21st & Jefferson/ 21st & Madison)
 - (32nd & Jefferson)
- EMS – will be at Start/Finish Line

Weather Warnings:

- DES- Storm Spotters will be monitoring for inclement weather conditions (Mobile Command Center-Carson Park)
- Tornado Sirens- Will stop the race. All participants will be asked to evacuate the course and seek IMMEDIATE shelter. Assist others with locating shelters.

Weather Conditions: The Lourdes Paducah Iron Mom will utilize the American College of Sports Medicine guidelines for reacting to weather conditions, this information will be communicated on the radio system.

- **Black Flag:** Temperatures greater than 82 degrees. Race may be canceled or recommend voluntary withdrawal of race participants of those that are poorly acclimated or non-resident participants.
- **Red Flag:** Temperatures between 73 and 82 degrees. Recommend participants at increased risk for heat collapse withdraw from race and others slow pace to match conditions.
- **Yellow Flag:** Temperatures between 65 and 72 degrees. Recommend participants at increased risk for heat collapse slow pace. Warn entrants of increased risk of heat collapse.
- **Green Flag:** Temperatures below 65 degrees. Collapse can still occur. Decreased risk of hyperthermic and hypothermic collapse.
- **White Flag:** Temperatures below 50 degrees. Increased risk of hypothermic collapse.

Event Emergency Shelters

- National Quilt Museum- 2nd & Jefferson (Near Start Line)
- The Crossing Church, 12th & Jefferson
- Knights of Columbus Hall (3028 Jefferson)
- KC's Rec Room (3501 Park Plaza Road)
- Noble Park Arts & Crafts Building (near Skatepark)
- Noble Park Permanent Restrooms (at the lake and skatepark/ballfields)
- Paducah Rec Center (behind Margaret Hank church)
- Loyal Order of the Moose – 185 Count Park Rd

Job Descriptions for Volunteer Spots

Traffic Control/Direct Racers at intersections along route:

1. You are the race official for your assigned intersection/spot and you are the recognized authority of that intersection determining whether it is safe to let traffic pass. No vehicle traffic is allowed to drive along the route.
2. If the cones/barricade or other devices are not set out to appropriately deter traffic at your intersections, move them to better block traffic.
3. Your priorities:
 - a. Your personal safety
 - b. Safety of the runners (from vehicles, rocks and other road hazards)
 - c. Safety of others (spectators, etc.)
 - d. Convenience of residents/businesses
 - e. Convenience of motorists
 - f. Encouragement to runners/participants

Water Stations: All Water Table Supplies Will Be Provided

1. Table/coolers/cups should be set up. Call Pam Harrison at 270-349-3824 if not.
2. Set out cups – fill 2/3 with water and/or sports drink. Separate water and Powerade with water at the first part of the table and Powerade offered at the second half.
5. Hold water cups at arm length and hand out as runners/walkers pass. *DO NOT WALK IN FRONT OF RUNNERS.*
6. Call out to the runners the type of fluid you have – water or sports drink. (example “Powerade” if that is the sports drink offered).
7. Cheer runners on and encourage them!
8. Pick up discarded cups.
9. Break down tables, someone will be by to pick up after race.

Relay Transition Areas:

1. Familiarize yourself with area, appropriate parking areas, port-a-potty area, shuttle stops, etc. Assist Captain with set-up or other tasks as needed.
2. Set up cones for transition area/relay zone.
3. Allow all “through” runners to continue through the area.
4. Direct Relay Runners to enter the relay zone for transition.
5. Announce Relay Runners Bib #'s as they approach the transition area. NOTE: Relay Runners will be wearing their bibs on a running belt.
6. Prepare the relay partner for transition. The finishing runner will pass off their Bib# and race belt to their partner.
7. *Instruct runners the Shuttle will be picking up and dropping off runners in the designated Shuttle area.*
9. Pick up discarded cups.

Clean Up at Finish Line:

1. Tear down tents, tables, etc and load into vehicles.
2. Transport to FSS storage.
3. Ride route and pick up any items.

Thank you for your support!

