

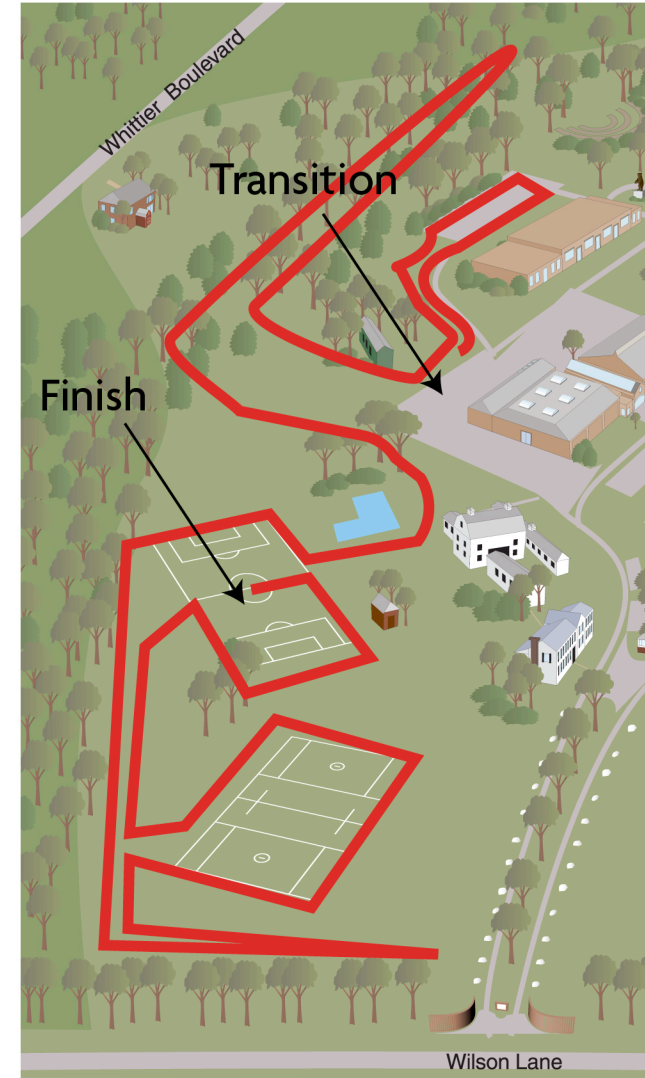
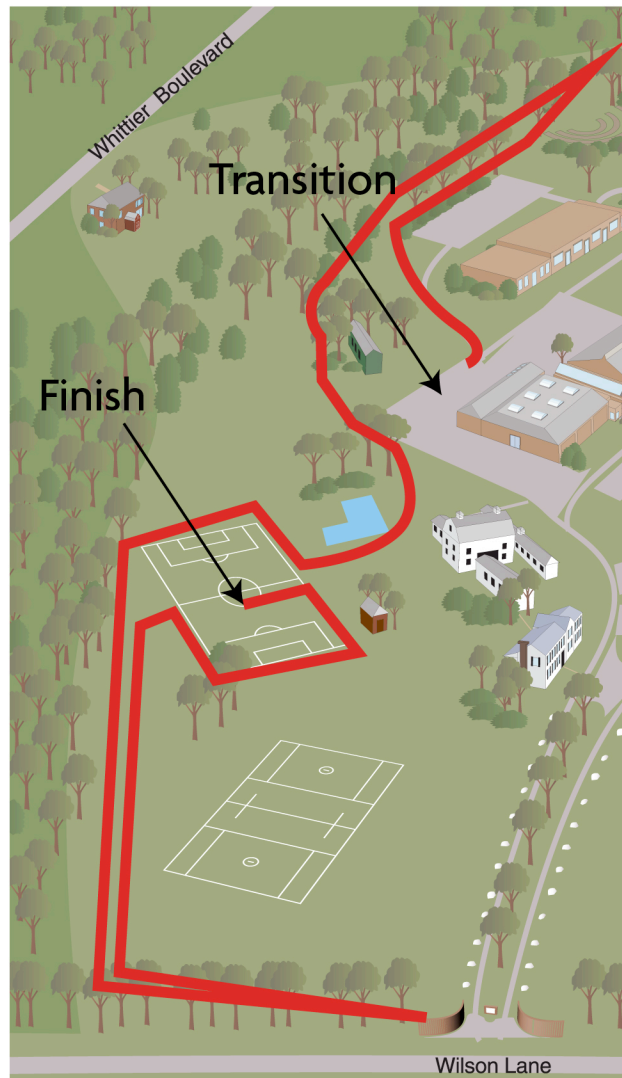
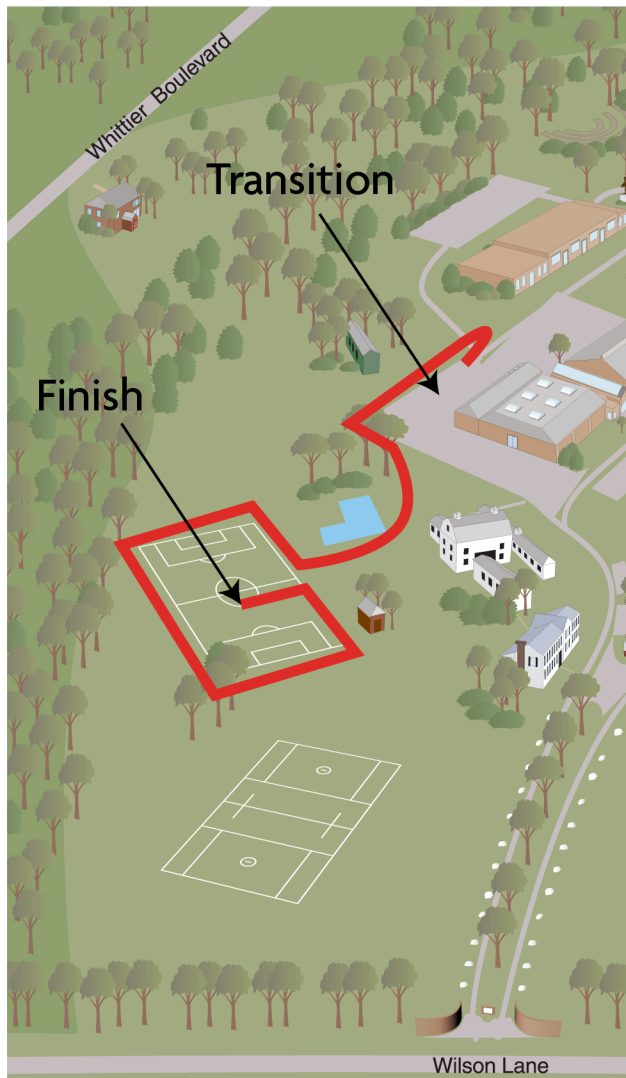
# JUST TRYAN IT

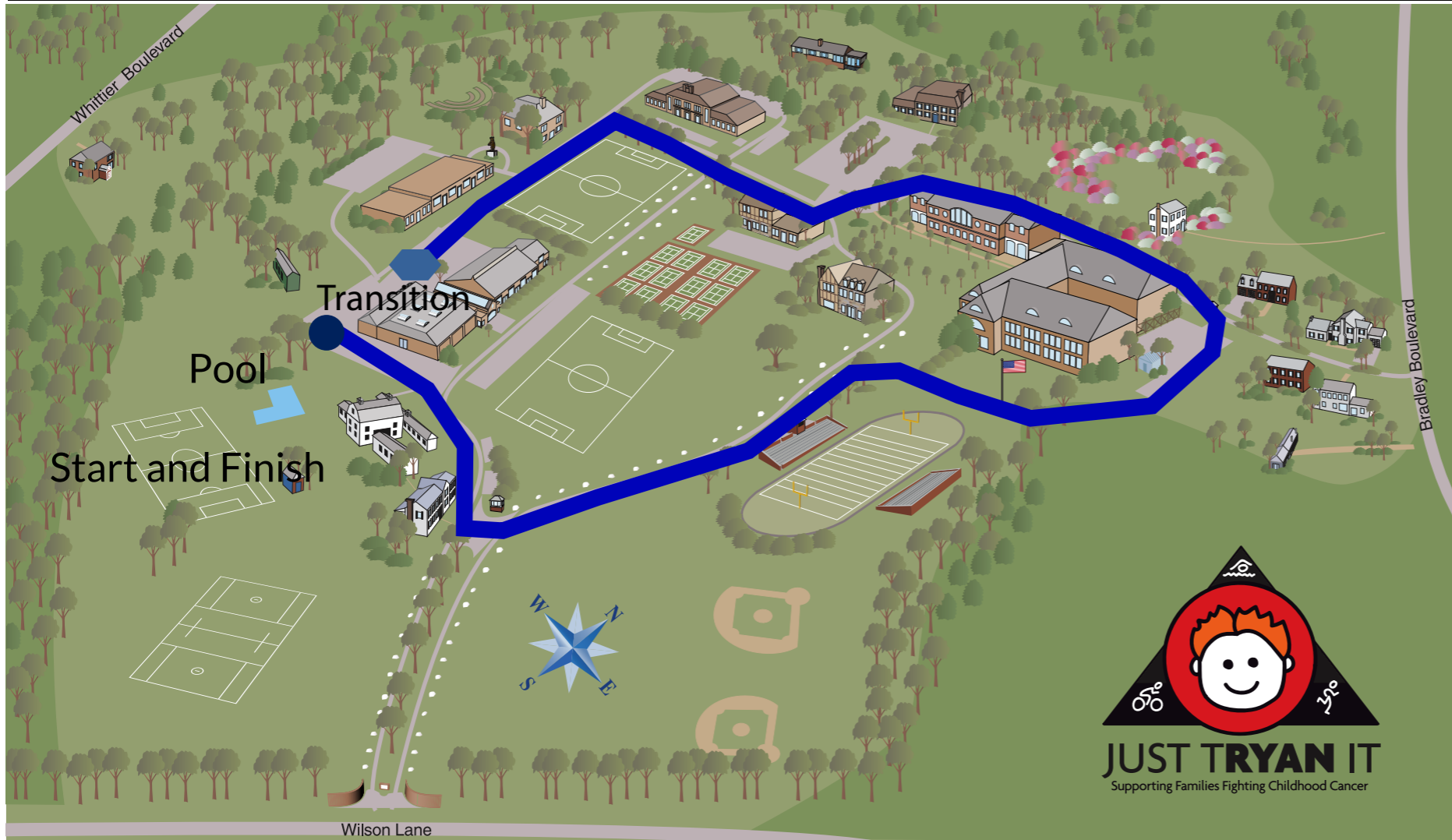
A Non-Profit Organization Supporting Families Fighting Childhood Cancer

Mini Run - 0.5 mile

Short Run - 1 mile

Long Run - 1.5 miles





Bike Course ~1.0 mile **BLUE**

### **Bike Mount Volunteers (BM1,2, 3)**

Located at Bike Out. Ensures racers get on bike AFTER they cross the timing matt in designated area. CONFIRMS helmets are securely fastened and bib is visible. Assist bikers up hill as needed.

### **Bike Dismount Volunteers (BDM3,4,5)**

Located at Bike In. Ensures racers get off bike in designated area prior to crossing the timing matt.

*Bike Dismount will have Stop/Slow paddles.*

### **Bike Course Volunteers (1-18)**

**ALL** - Ensures safety of rider. Directs racer.

- 1- Encourage/assist bikers up hill
- 2- Encouragement up hill.
- 3/4- Direct racers around corner/slow down
- 5 - Reminds them to slow down.
- 6 - Encourage them up the hill.
- 7 - Reminds them to slow down as they take the corner.
- 8 - Encouragement.
- 9 - Reminder to slow down around big turn.
- 10/11 - Reminds them to take corner with caution.
- 12, 13, 14 - Encouragement up hill.
- 15/16- Reminds racers to slow down as they take corner
- 17 - Reminds racers to slow down around corner.
- 18 - Reminds racers to slow down into transition.

*Bike Volunteers will have orange flag.*