

Thank you for volunteering with JUST TRYAN IT. We could not produce this inspiring, impactful weekend without you. It is **your responsibility** to review this document including the [Safety Procedures](#) below. Feel free to reach out with any questions you may have.

LOCATION: Landon School, 6101 Wilson Ln, Bethesda, MD 20817

Overview of Volunteer Schedule

Time	Day	Event
8:00 - 11:30 am	SATURDAY	Course Set Up
12:00 - 3:30 pm	SATURDAY	Volunteer Check In Packet Pick Up
6:00 - 6:30 am	SUNDAY	Volunteer Check In Race Day
6:30am	SUNDAY	MANDATORY Volunteer Meeting
7:00 am	SUNDAY	Racers begin to arrive, transition opens
8:00 am	SUNDAY	Opening Ceremonies begins, transition closes
8:30 am	SUNDAY	Race begins
10:45 am	SUNDAY	Approximate end of race, Clean up begins. ALL VOLUNTEERS

Volunteer Check In

All volunteers must check in either Saturday or Sunday. Volunteers will receive a race volunteer shirt and lanyard that must be worn on Sunday. Please bring your phone (fully charged!) and keep on your person during the race in case of emergency. Please return lanyards and any other race related materials (bags, cheer gear, first aid) to Volunteer table.

Please plan to arrive with enough time to park, check in and ready to work by the time required. We are excited for the race and we hope you are too!

Parking

Please park on the residential streets outside of the school allowing ample time to walk to the campus. There is no parking at the school on race day.

What to Wear

Every volunteer must wear the volunteer race t-shirt and lanyard handed out at check-in. Otherwise dress appropriately (ie. comfortable shoes) for the weather and don't forget your sunscreen.

Important Contact Information:

Position	Name	Email	Mobile
Announcer	Bill and Terri Tomoff	ttomoff@gmail.com, btomoff@gmail.com	240-460-2094
Bike Course Captain	Ryan Fochler	ryanpf@gmail.com	703-629-2435
Entertainment/ Party Zone Captain	Mollie Darby	molliedarby@msn.com	202-271-4582
Finish Line Captain	John Slidell	jslidell@stalbansschool.org	202-604-9448
First Aid Captain	Elyse Shraeder	snugmd@yahoo.com	410-303-4631
Packet Pick Up Captain	Leslie Hesketh	leslie.hesketh@justtryanit.org	832-330-8733
Drop Off/XC Captain	Andrew Datch	andrewddatch@gmail.com	301-310-6081
Photography Captain	Willy Hoffman, Jr.	willy@howard-hoffman.com	301-526-3472
Pool Supervisor	Andy Luther	andy_luther@london.net	301-717-8203



VOLUNTEER DETAILS

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Run Course Co-Captain	Emma Datch	emmadatch@gmail.com	301-310-7523
Run Course Co-Captain	Dory Halbe	halbe.dory@gmail.com	408-391-4369
Shoe Tie	Sean Botti	sbotti@browning.edu	718-406-1486
STARs Captain	Mollie Darby	molliedarby@msn.com	202-271-4582
Start Line Captain	Andrea Duvall	acduvall7@gmail.com	202-744-6261
Swim Captain	Phil LaRosa	phil.larosa@justtryanit.org	202-997-0495
Transition Captain	Olivia Tomoff	otomoff@gmail.com	301-233-0042
Volunteer Captain	Christine Lynn	cpinellalynn66@gmail.com	301-351-1755
Race Director	Katie Holloran	katie.holloran@justtryanit.org	202-549-0797
Registrar	Katie Holloran	katieholloran@gmail.com	202-549-0797

Safety Procedures

Protocol for Minor Incidents:

Minor Incidents may include skinned knee, stubbed toe, fallen and shaken up from bike accident.

Volunteers should report any and all minor incidents to their Race Captain at the end of the race. If applicable, they should record racer numbers and details on their index cards in their race packets. The Race Captain should log all of these incidents with the First Aid Captain at the conclusion of the race.

Protocol for Serious Incidents:

Serious Incidents may include a broken bicycle, an upset racer unable to continue racing either for emotional or physical reasons.

Volunteers should report any and all serious incidents to their Race Captain and Race Director **immediately**. If applicable, they should record racer numbers and details on their index cards in their race bags. The Race Director should engage the First Aid Captain if necessary. All Serious Incidents should be logged with the First Aid Captain at the conclusion of the race.

Protocol for Major Incidents:

Major Incidents may include seriously hurt racers (broken bones, severe cut, head injury), accidents between racer and pedestrian or vehicle, life threatening situation.

Volunteers should call 911 immediately if in their best judgment, that is the necessary course of action. Always ensure that you are in a secure area - make sure you are safe. Immediately after hanging up with 911, the Race Director and First Aid captain should be notified. It may be important to solicit the help of other volunteers to aid in the communication while attending to the injured party. If the incident endangers the lives of other racers, the volunteer should stop the race from proceeding. The safety of the racers, volunteers, and spectators is most important. A complete report will be required at the conclusion of the incident / race.

In addition, when any incident or situation occurs that is of potential crisis, the closest JUST TRYAN IT Volunteer must take action immediately to ensure a safe environment for themselves and the racer. As quickly as possible, contact your Captain and First Aid Volunteer via text and phone call noting your Volunteer number (can be found on a colored flag in position). All Course Marshals will receive a lanyard with printed emergency instructions and important phone numbers.

Inclement Weather:

The safety of our athletes, volunteers, and spectators is our primary concern. In the event of inclement weather, the race will continue under the following circumstances:

- **Lightning:** The event will be postponed by 30 minutes. All racers and spectators will move to the Field House for shelter. If the lightning continues, the race will be cancelled.
- **Rain:** The event will NOT be canceled due to rain alone. If it is determined that the bike portion of the race would be unsafe due to wet roads, then the race will be changed to a



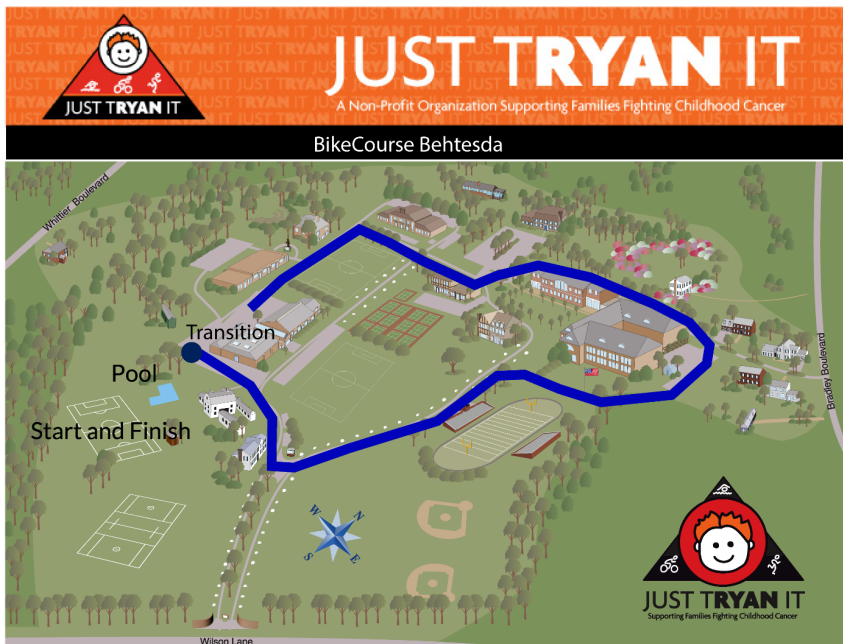
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Supporting Families Fighting Childhood Cancer

VOLUNTEER DETAILS

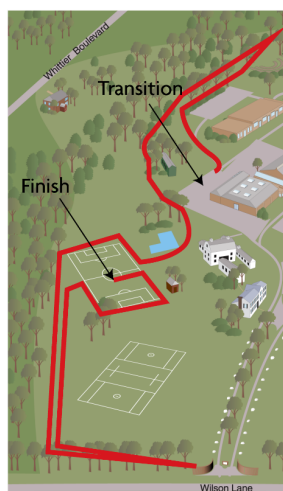
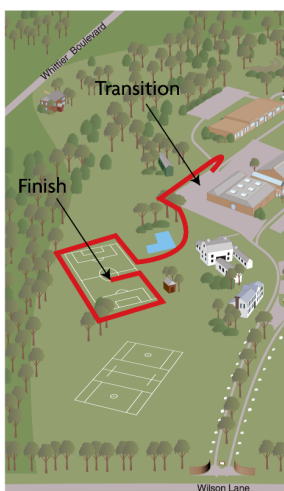
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swim-run duathlon. Athletes will be informed of such a change via announcements on race day.

- Tornado warning: The race will be canceled in the event of a tornado warning Campus Map



Bike Course ~1.0 mile **BLUE**



Landon School, 6101 Wilson Rd, Bethesda