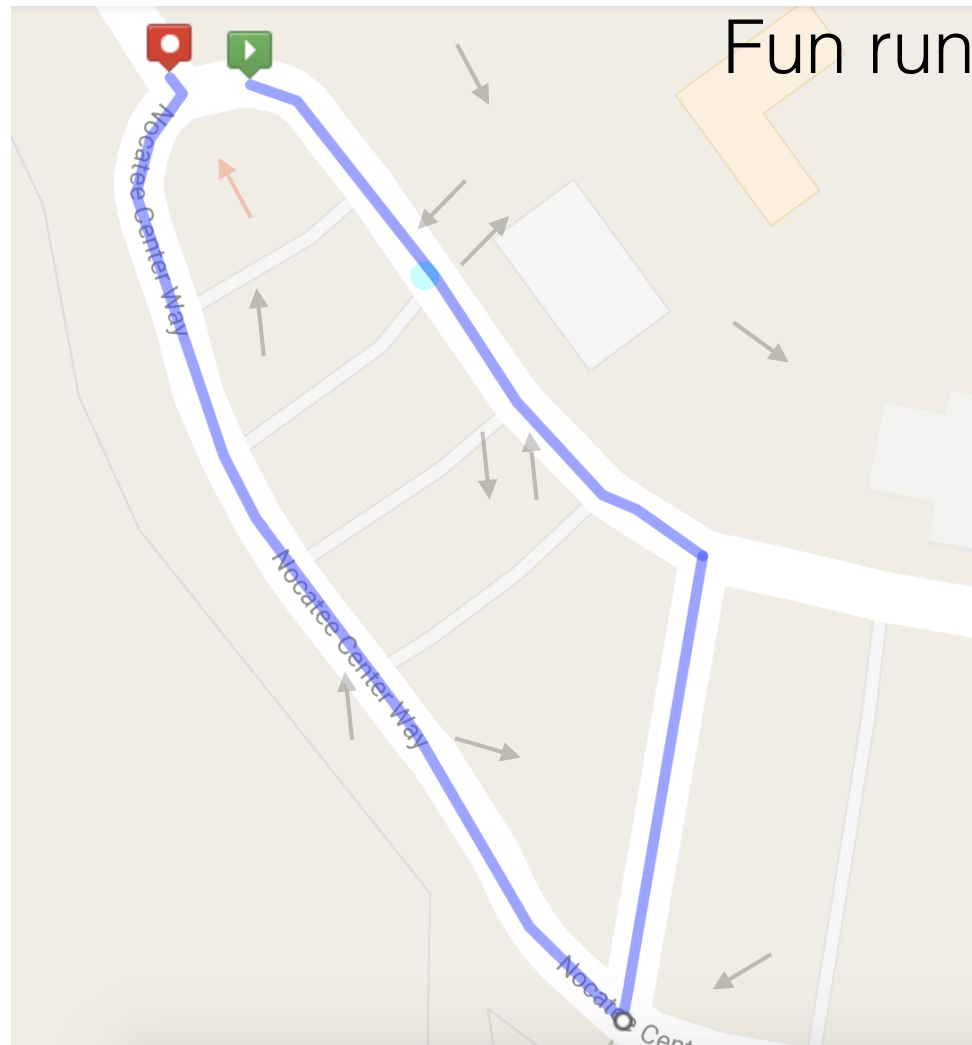


Water station



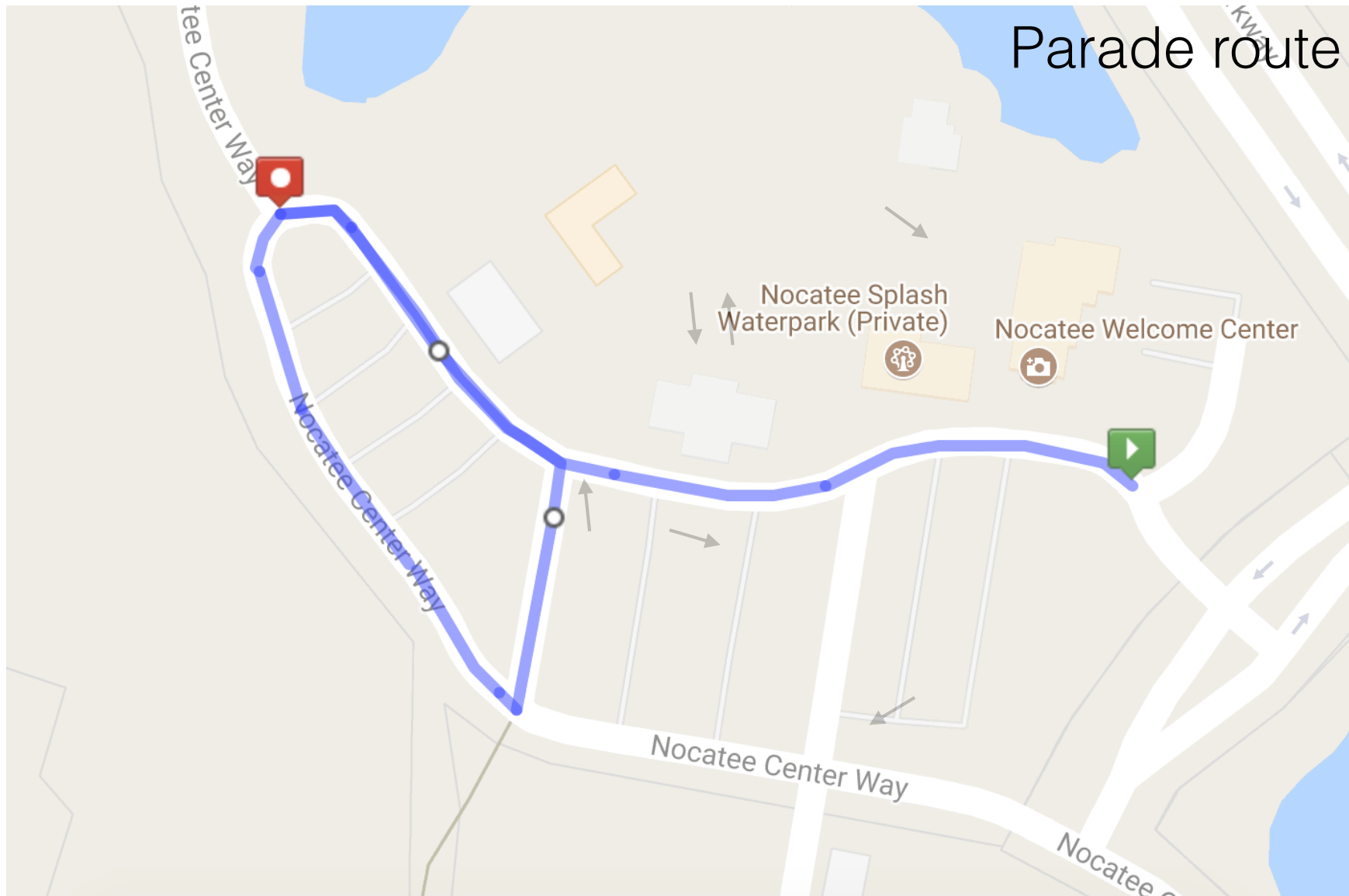




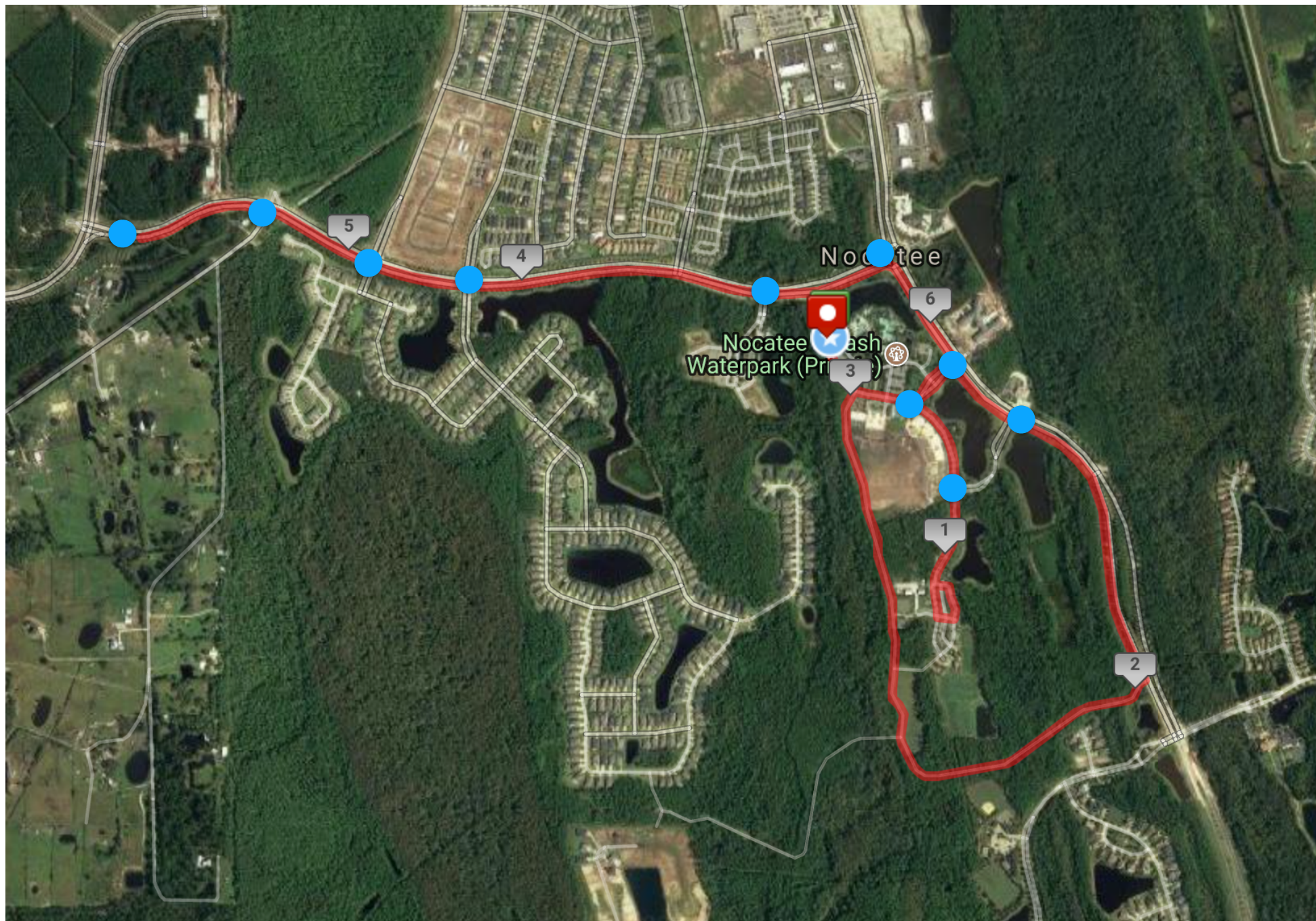




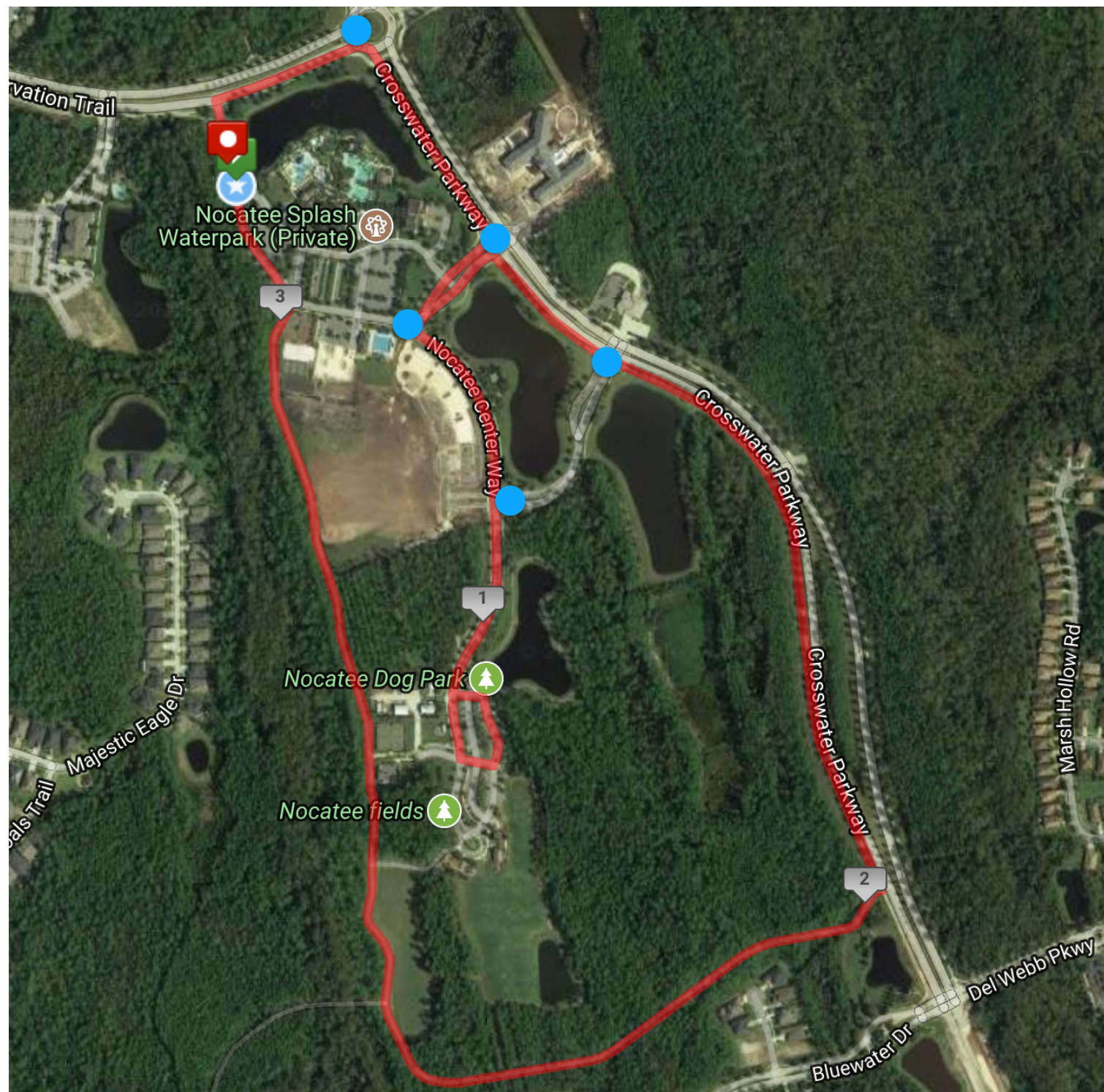
## Parade route









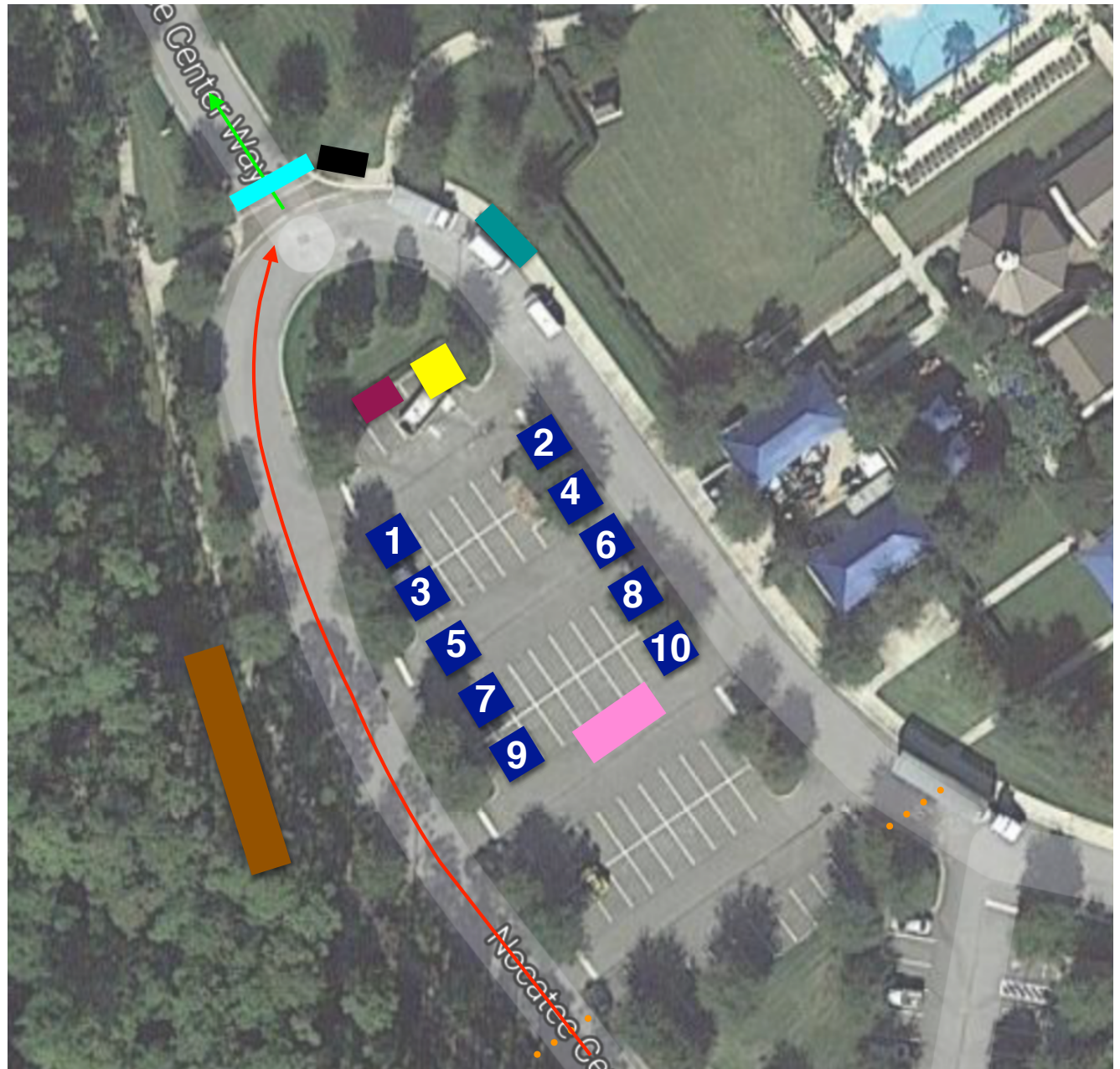






Ultimate  
Racing Inc.

- Finish line
- Timing tent
- Awards
- DJ
- Sponsors
- Post race food & water
- Portalets
- Registration

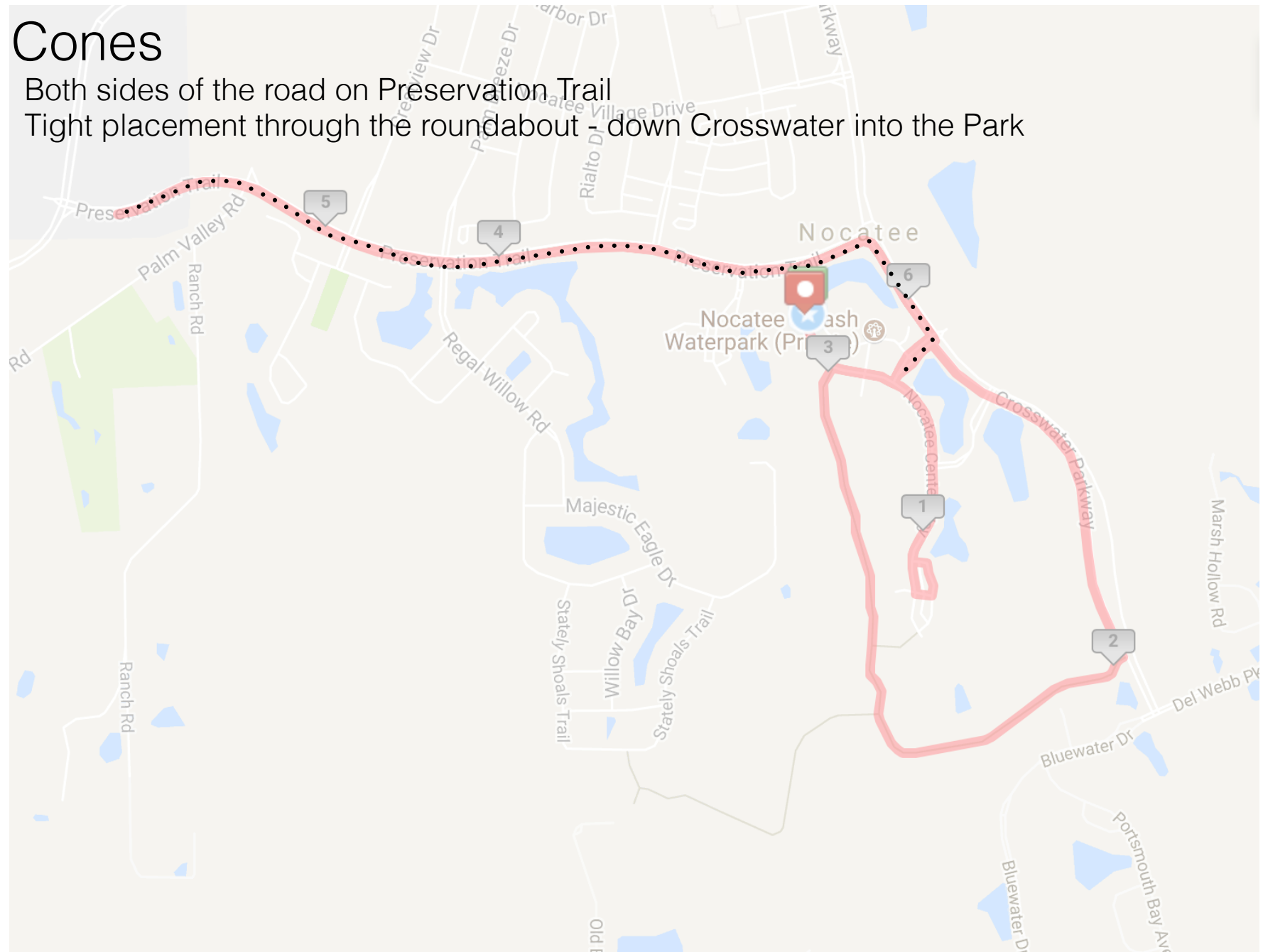




# Cones

Both sides of the road on Preservation Trail

Tight placement through the roundabout - down Crosswater into the Park





904.710.2458







Closed to traffic



Parking entrance



Parking

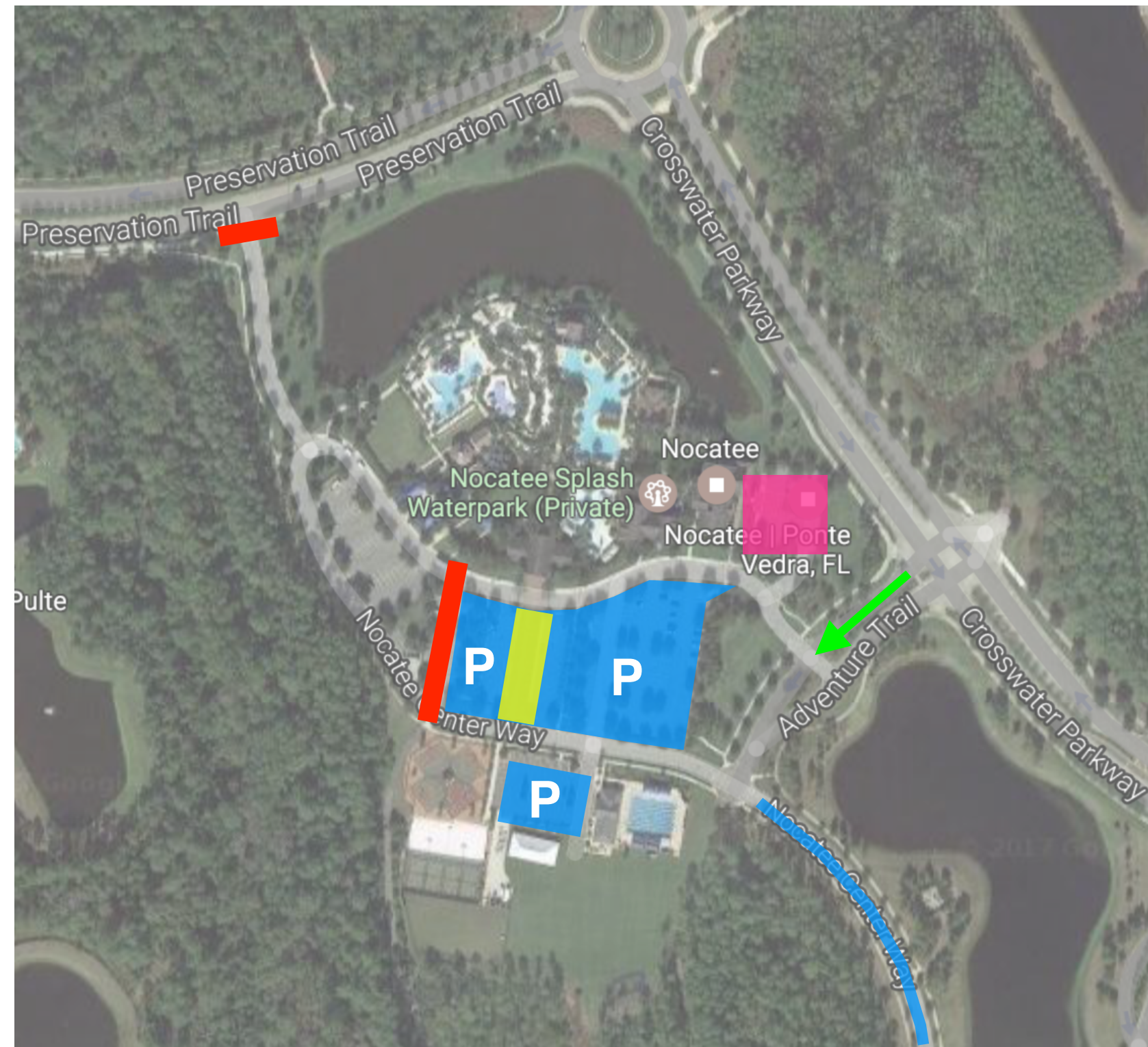
Overflow parking down Nocatee Center Way towards the dog park



Golf cart parking

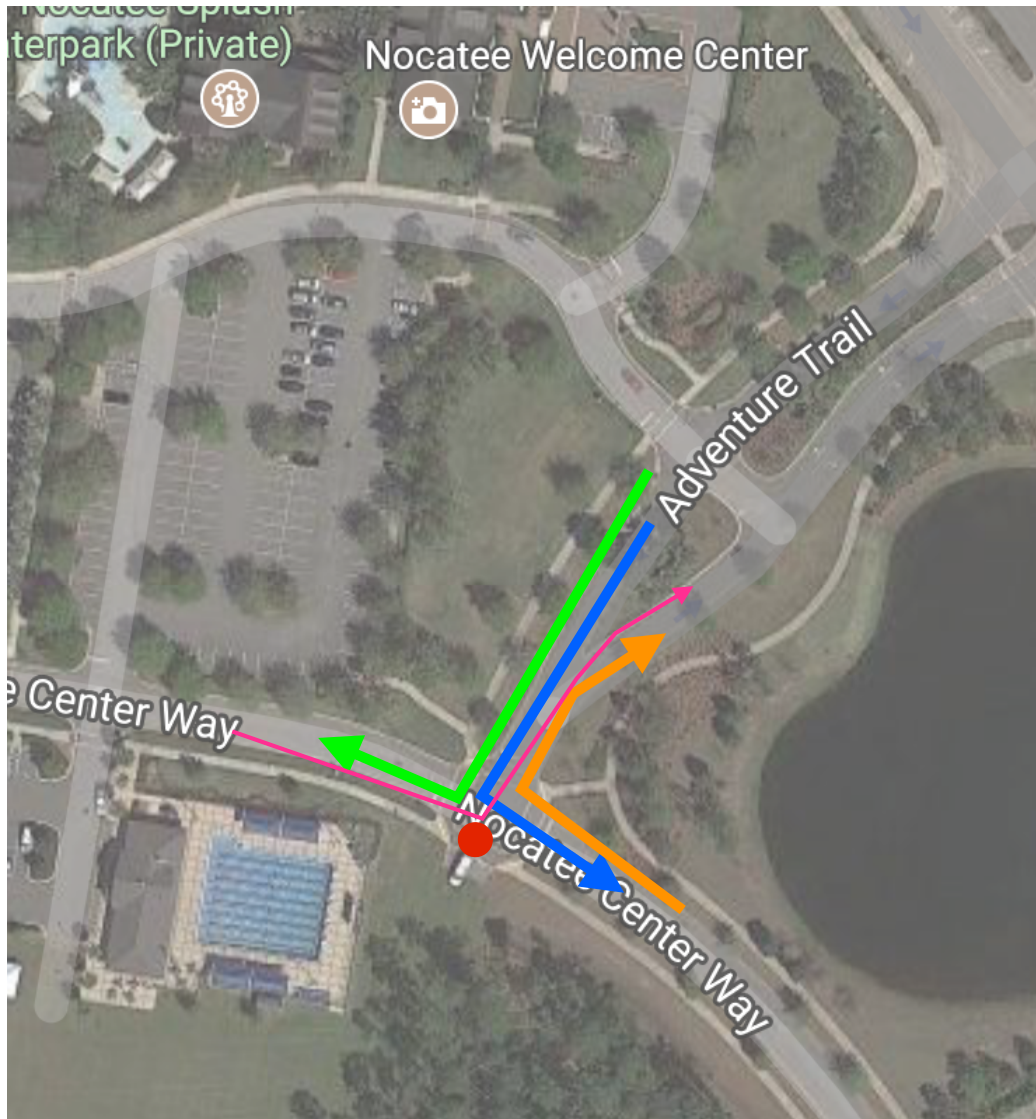


Parade staging





# Route 1 direct runners LEFT then RIGHT, then RIGHT



## Run Course Volunteers

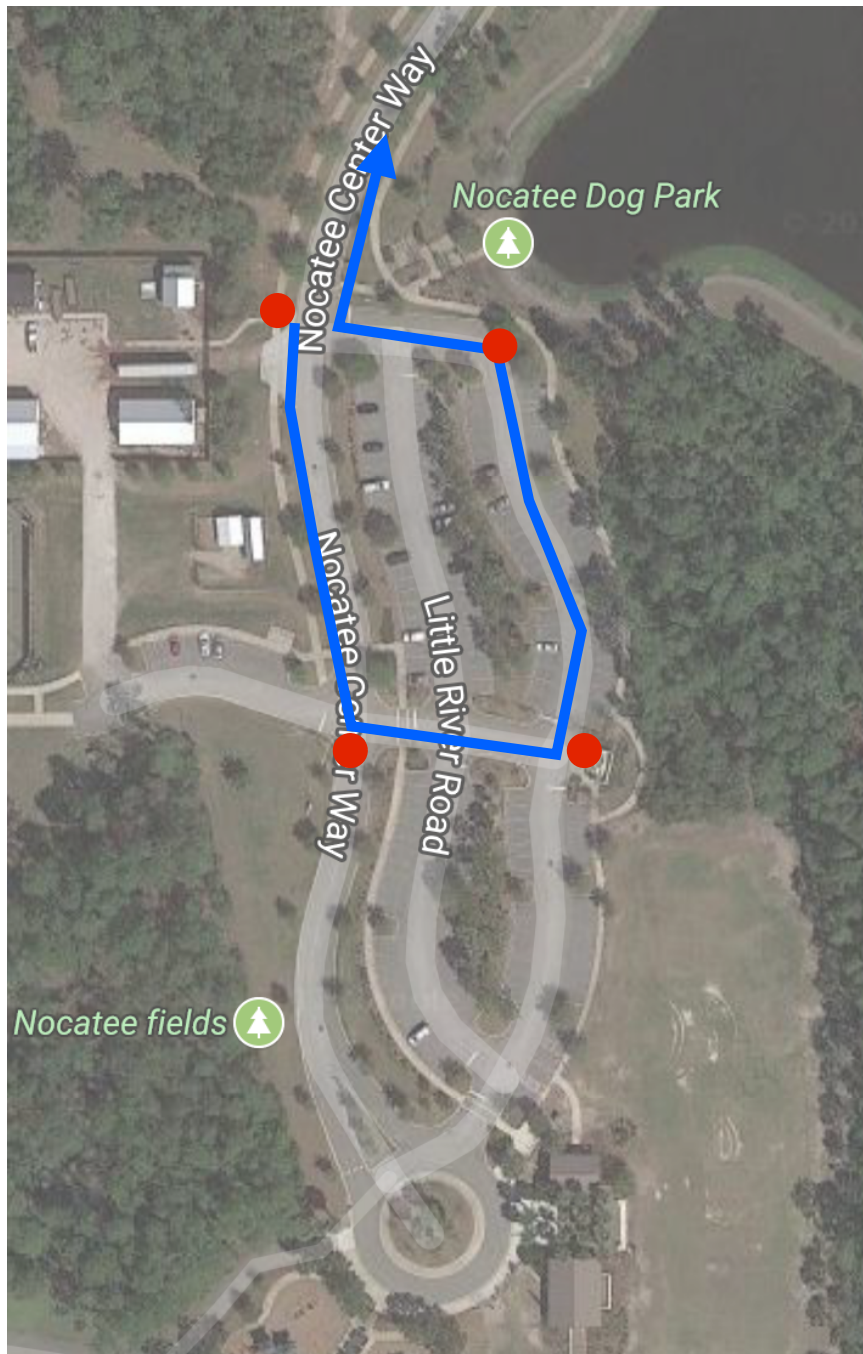
Arrive by 7:15 a.m., direct runners to turn left, then right and again to the right on the 10k finish

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Route 2 direct runners to the LEFT following the route back



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners to follow the route to the LEFT.

Warn cars to slow down because runners are on the course

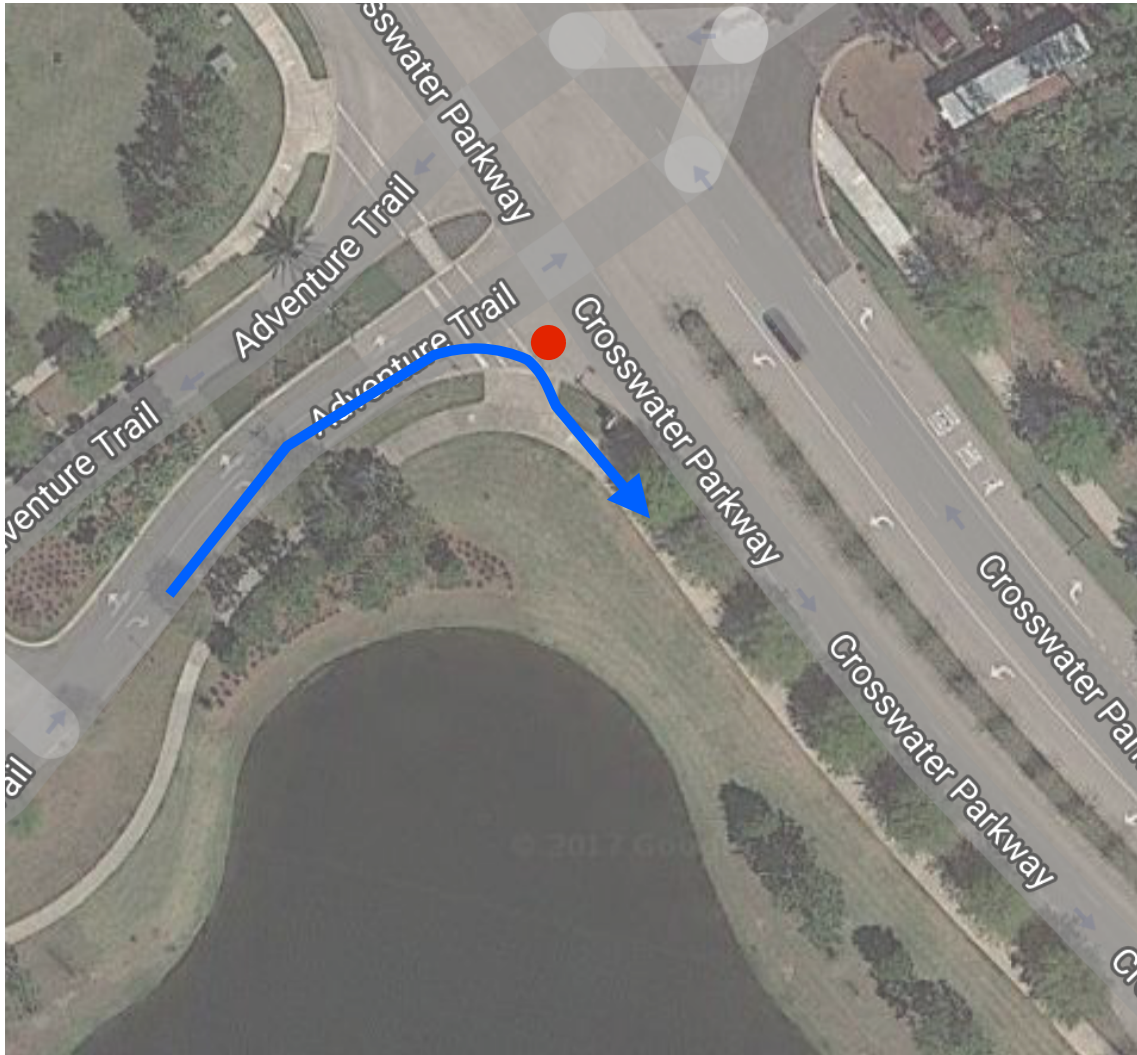
Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 3 direct runners RIGHT on the sidewalk



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners RIGHT

\* ALL runners on the sidewalk

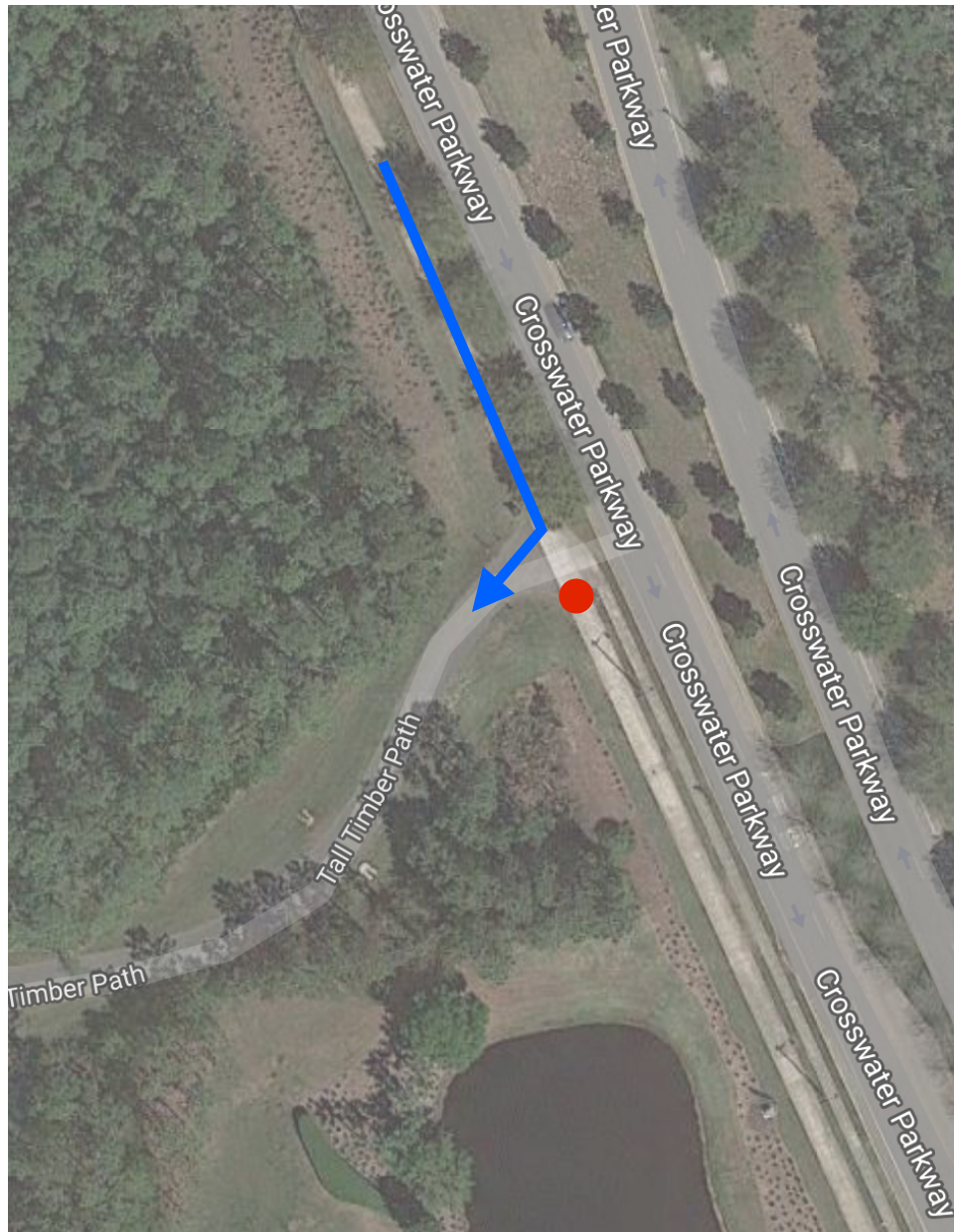
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Route 4 direct runners to the RIGHT down the trail



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners RIGHT on the trail path.

Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 5 direct 5k runners LEFT 10k runners RIGHT



## Run Course Volunteers

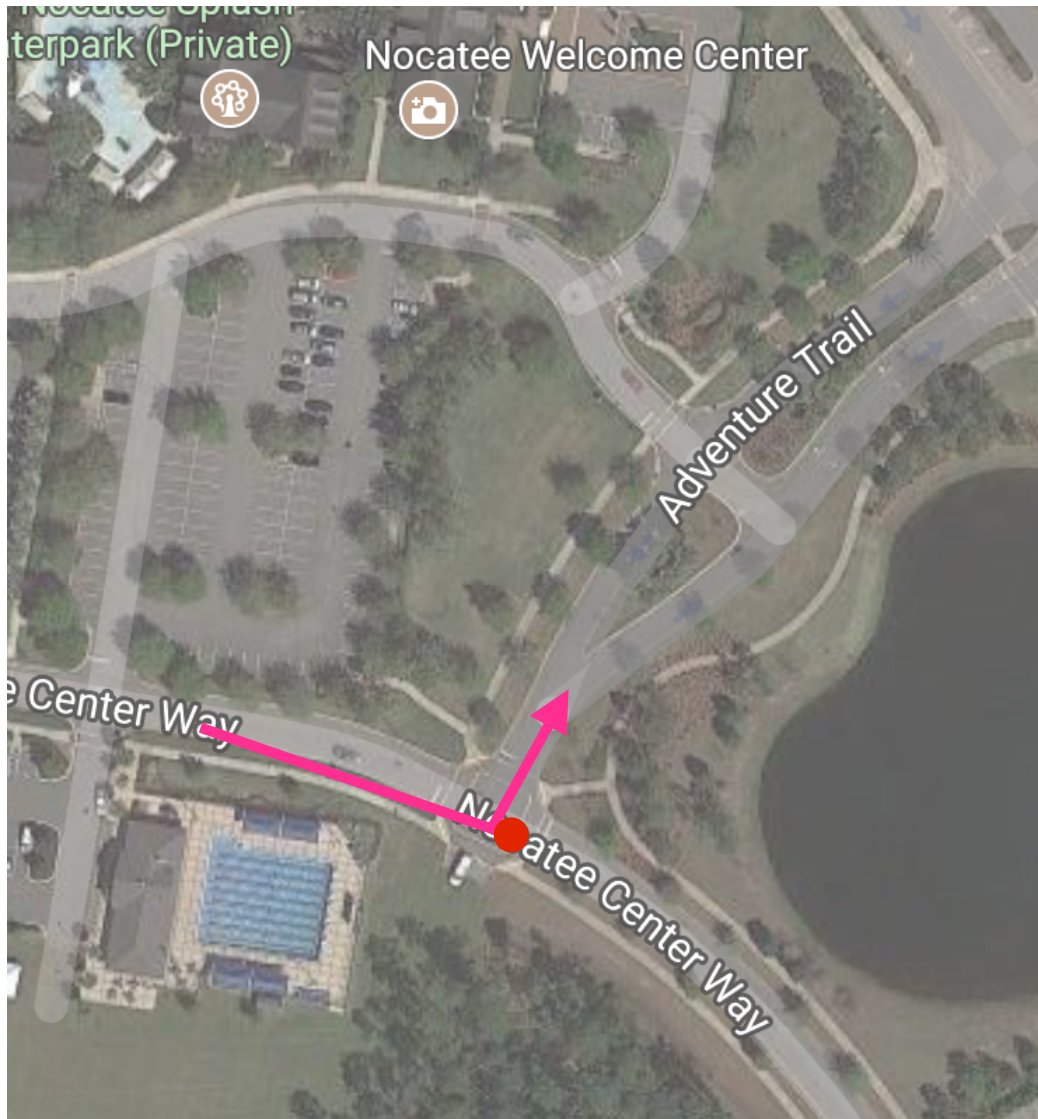
Arrive by 7:15 a.m., direct 5k runners to turn left and 10k runners to the right.

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Route 6 direct runners LEFT



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners to turn left.

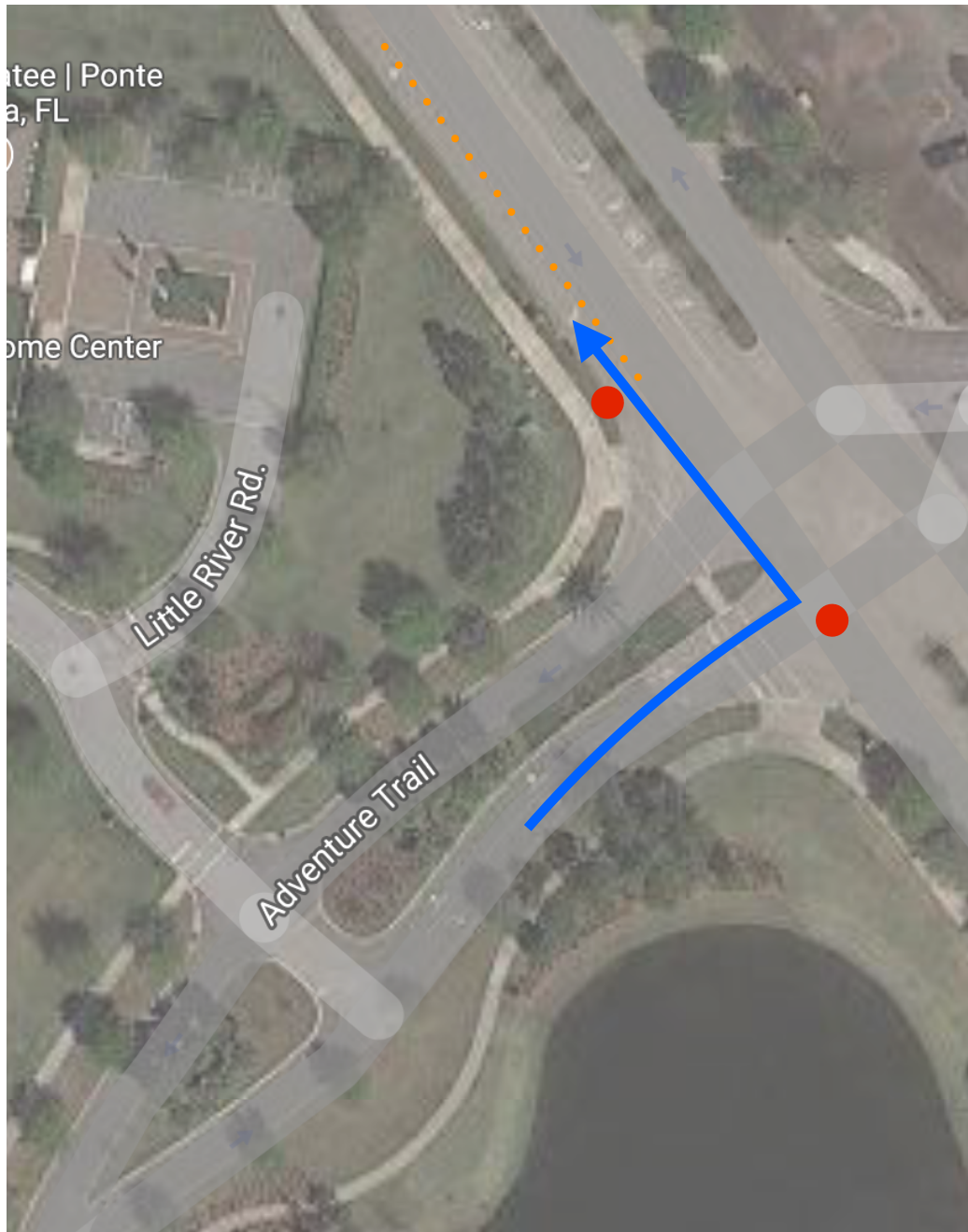
Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 7 direct runners to the LEFT run in bike lane, left of cones



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners LEFT and run in the bike lane, left of the cones

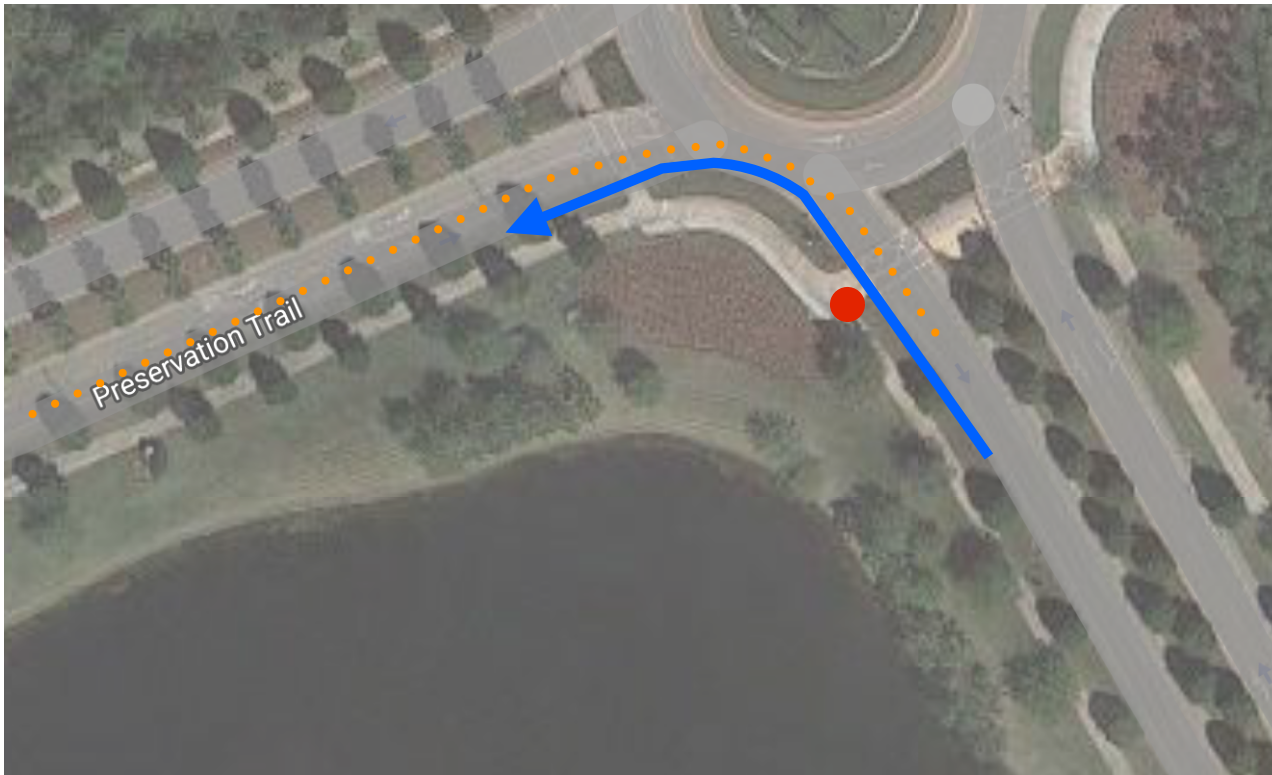
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Route 8 direct runners to the LEFT



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners LEFT

Warn cars to slow down because runners are on the course

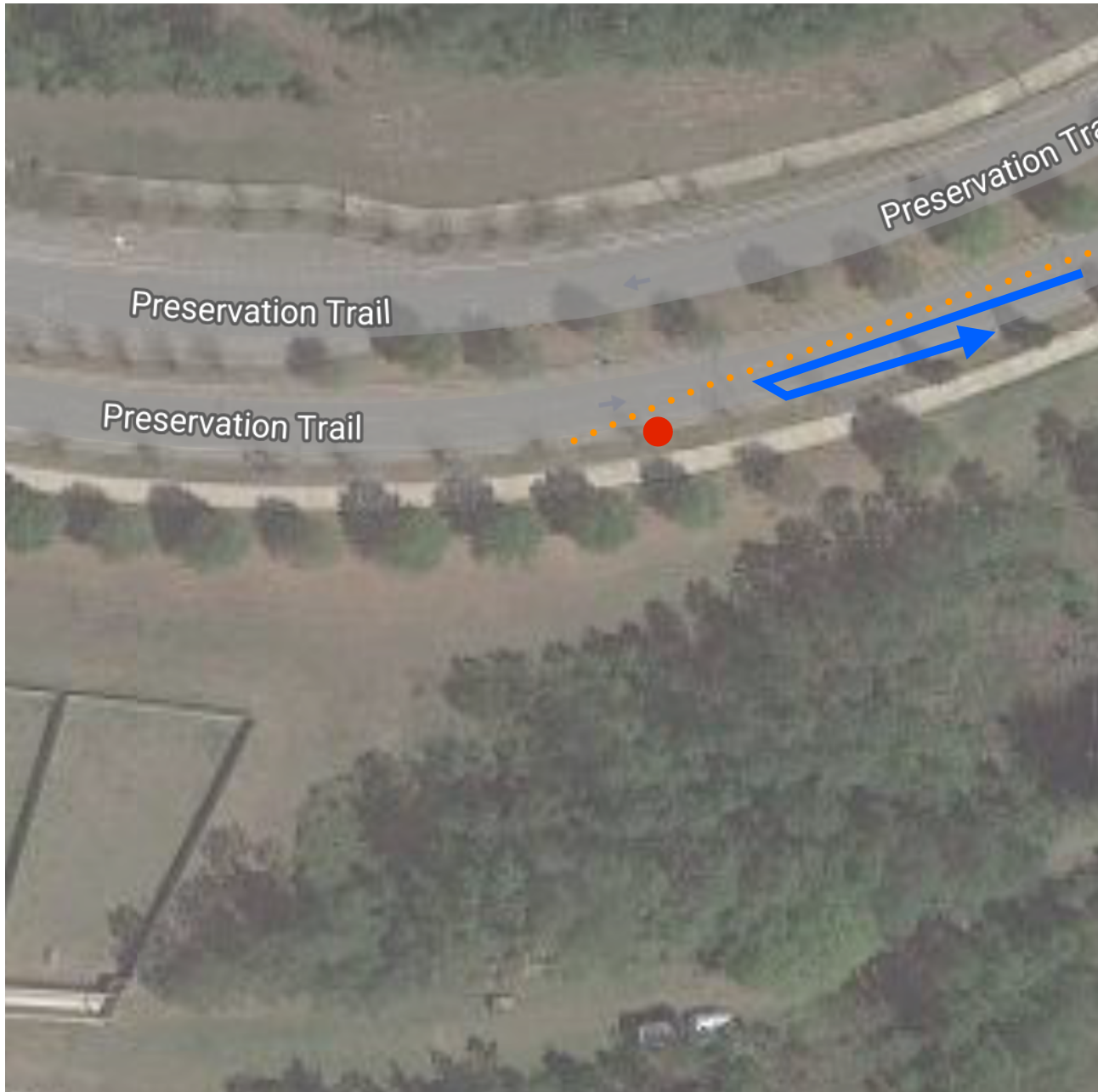
Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 9 direct runners to make a U-Turn and stay towards the right



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners to make a U-TURN and run towards the right side of the lane

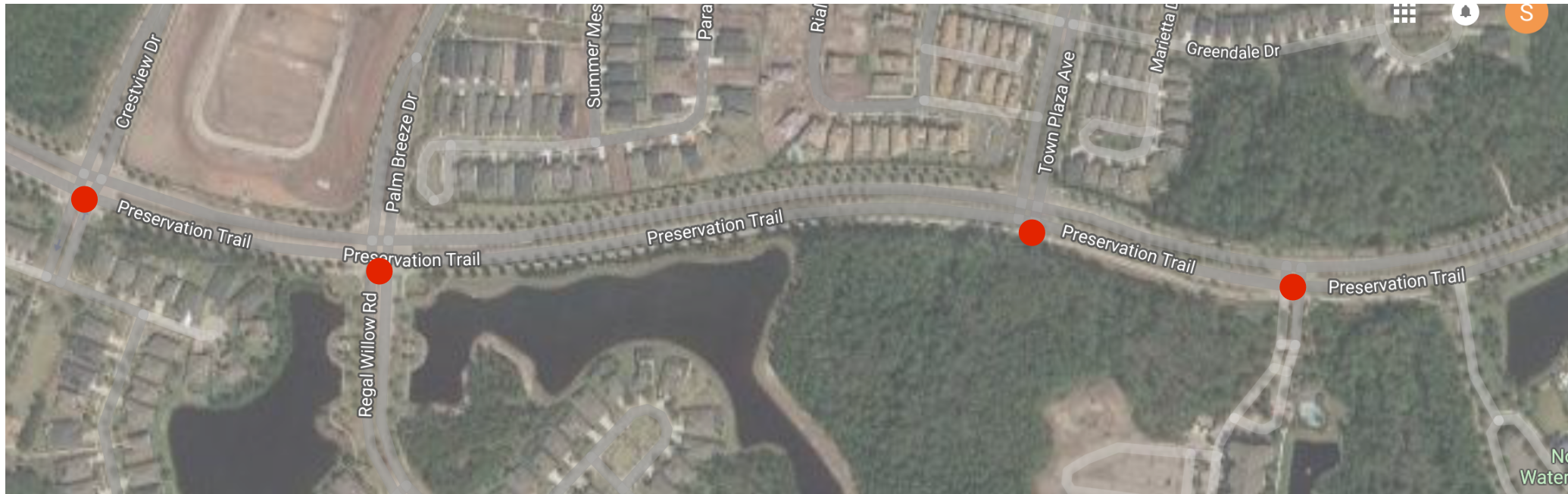
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Route 10 assist SJSO looking out for cars



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners along the course

Warn cars to slow down/stop because runners are on the course

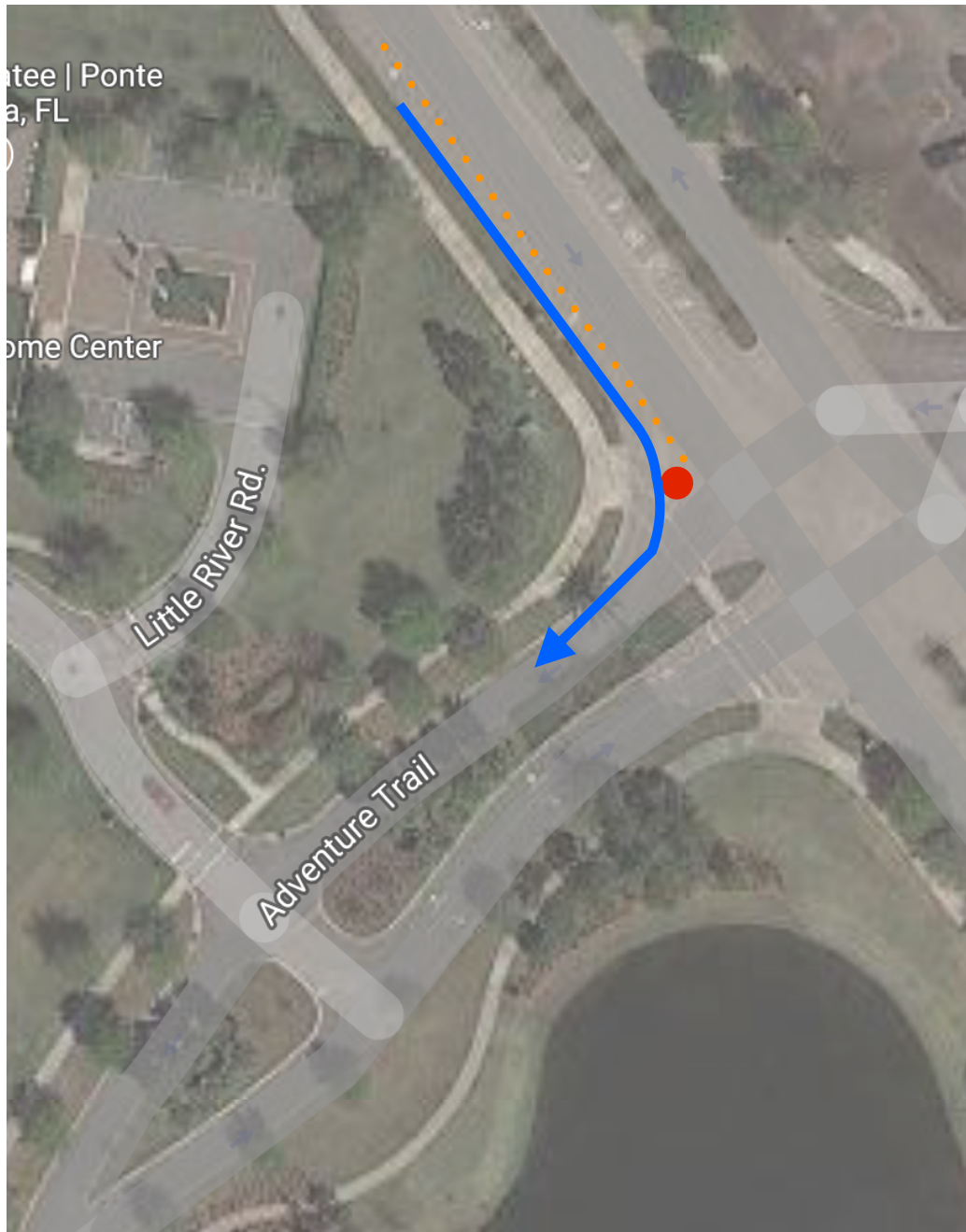
Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# Route 11 direct runners to the RIGHT



## Run Course Volunteers

Arrive by 7:15 a.m., direct runners RIGHT

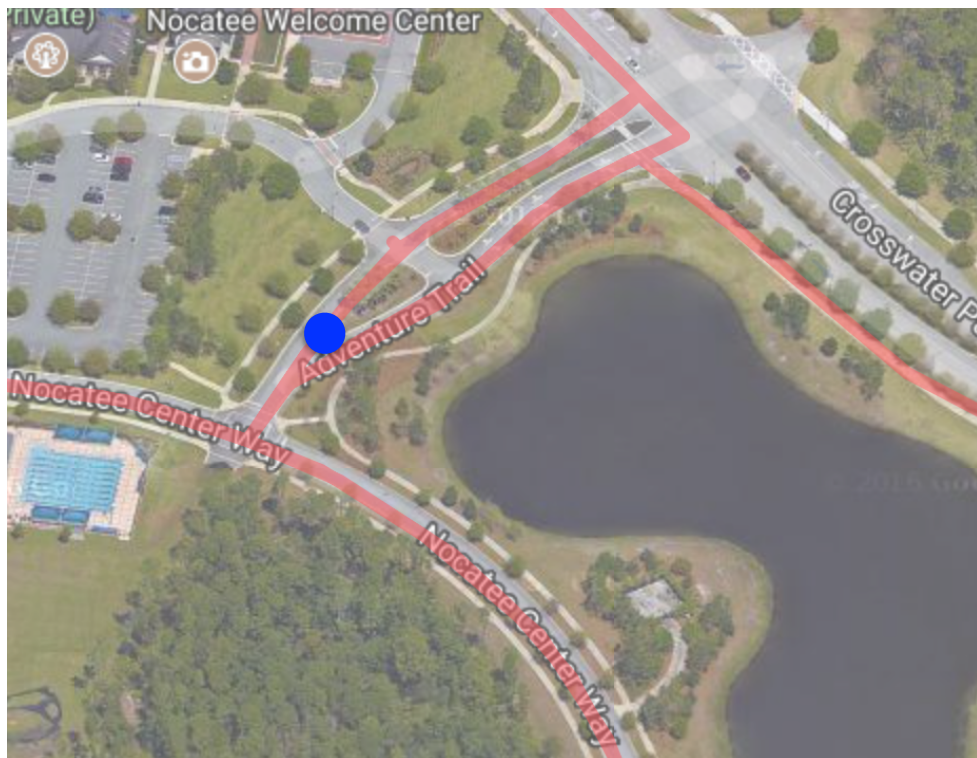
Warn cars to slow down because runners are on the course

Alert the runners to slow down and signal the upcoming turn or caution directions

## Emergency Response

- In case of a cardiac incident, collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot an athlete in trouble. Weaving and staggering are signs of trouble, although athletes usually insist they are fine when you ask. Please note bib number of any athlete who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Aid Station #1



## Water Station – Checklist

- Get adequate rest the night prior
- Wear protective gloves and use cups only once
- Fill cups halfway
- Keep runners away from table
- Do not step out into the runners to distribute water
- Hold the cups from the bottom when dispensing
- Visually inspect roadway for any debris or unsafe condition
- Watch for emergency situations and report – Call 911 for emergencies, call Command Center for all health issues
- Monitor traffic flow and encourage runners to keep moving!
- Use caution when extending cup out and reaching over runners
- Know the surrounding area and medical stations and emergency reporting
- Use caution when removing cups from ground. Have a person to direct runners around person sweeping.
- If near intersection, be alert to pedestrian traffic and cyclists
- Don't splash runners with water unless they ask for it

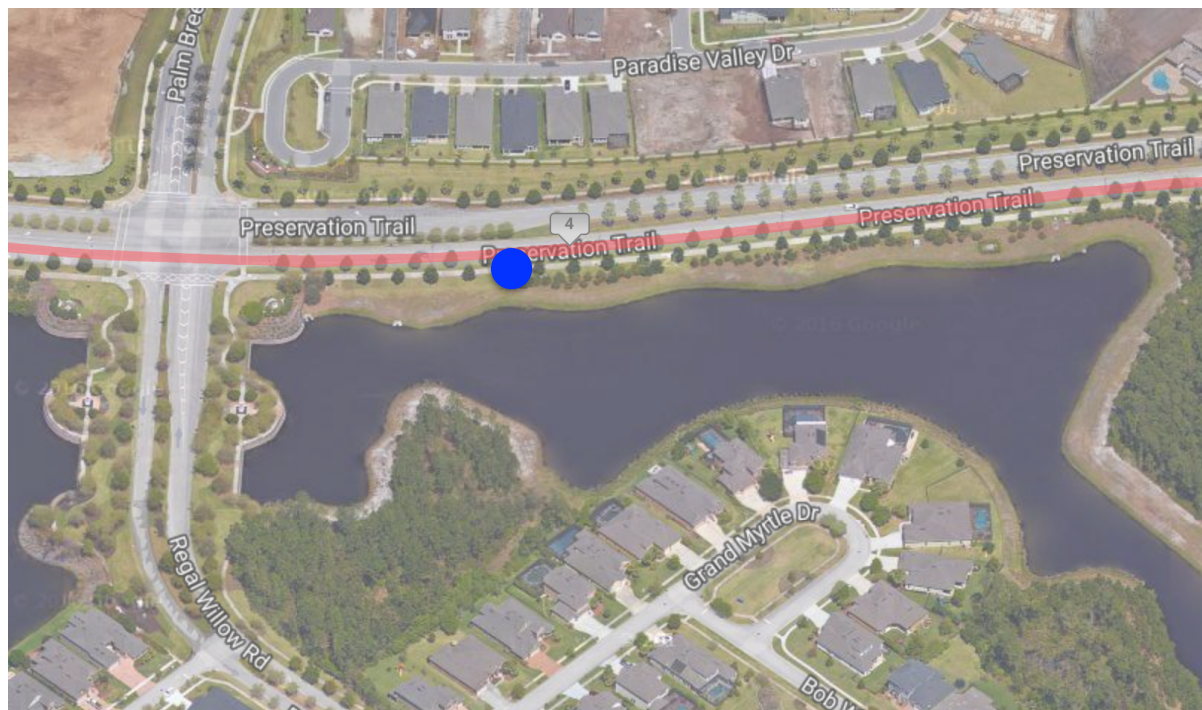
## Clean Up

- After the last runner, start breakdown – disassemble tables, empty containers and prepare items for pick-up
- Clean up cups off roadway, walk 100 yards in both directions for cup clean up
- Keep bottled water intact – we use it later

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies

# Aid Station #2



## Water Station – Checklist

- Get adequate rest the night prior
- Wear protective gloves and use cups only once
- Fill cups halfway
- Keep runners away from table
- Do not step out into the runners to distribute water
- Hold the cups from the bottom when dispensing
- Visually inspect roadway for any debris or unsafe condition
- Watch for emergency situations and report – Call 911 for emergencies, call Command Center for all health issues
- Monitor traffic flow and encourage runners to keep moving!
- Use caution when extending cup out and reaching over runners
- Know the surrounding area and medical stations and emergency reporting
- Use caution when removing cups from ground. Have a person to direct runners around person sweeping.
- If near intersection, be alert to pedestrian traffic and cyclists
- Don't splash runners with water unless they ask for it

## Clean Up

- After the last runner, start breakdown – disassemble tables, empty containers and prepare items for pick-up
- Clean up cups off roadway, walk 100 yards in both directions for cup clean up
- Keep bottled water intact – we use it later

## Emergency Response

- In case of a cardiac incident, runner collapse, or other emergency, FIRST call 911, then alert the nearest ham radio operator, medical person, and Command Center. Know your location so you can provide it when asked
- Medical volunteers (EMT, first aid, CPR) are at some stations to monitor runners. You don't need medical training to spot a runner in trouble. Weaving and staggering are signs of trouble, although runners usually insist they are fine when you ask. Please note bib number of any runner who appear to be in rough shape, alert nearest medical person, ham radio operator, and call Command Center. When in doubt, call 911 first. EMS units are on call to respond to emergencies



# NTT

## Volunteer Assignments

Ultimate  
*Racing Inc.*

### Route 1

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 2 (4 people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 3

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 4

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 5 (2+ people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Aid Station 1 (5+ people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Aid Station 2 (4+ people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 6

Name \_\_\_\_\_

Phone \_\_\_\_\_

# NTT

## Volunteer Assignments

### Route 7 (2 people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 8

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 9

Name \_\_\_\_\_

Phone \_\_\_\_\_

### Route 10 (4 people)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Ultimate  
*Racing Inc.*

### Route 11

Name \_\_\_\_\_

Phone \_\_\_\_\_