



CANADIAN TRAIL RUNNING VOLUNTEERING AT THE LA CLOCHE ENDURANCE RUNS

Welcome to the La Cloche Endurance Runs! If you are interested in volunteering at our event, please fill out the Volunteer Form. The Volunteer Coordinator will review your application and be in contact with you shortly. We will try our best to recruit you for the position(s) you showed interest in. A big thank you to Killarney Provincial Park, Friends of Killarney and local businesses for their tremendous support in the event.

VOLUNTEER OPPORTUNITIES:

NAME	DESCRIPTION	DATE	TIME	# OF VOLUNTEERS
Opening Ceremonies	This is where the magic starts. We want to make every runner feel like they've come home. We are looking for friendly and courteous team members to help with registration, gear check, and drop bags - to name a few. Opening ceremonies will be held at the beautiful <u>Killarney Mountain Lodge</u>	100M - October 11	5:00 - 7:00 pm	7
		50M - October 12	5:00 - 7:00 pm	7
Aid Station Coordinator	One person in charge of all aid stations. This person will be based at the Start/Finish line - possibly at the Nature Center (Command). The coordinator will communicate with all aid stations during the event (i.e. updates, issues, injuries, etc.)	October 12 October 12 October 13 October 13	6 am - 6 pm 6 pm - 6 am 6 am - 6 pm 6 pm - 12 am	1 to 2 volunteers per shift. (4 shifts available) 4-8 volunteers total
Aid Stations (AS)	The La Cloche Silhouette trail is a remote, wild and rugged 50 Mile loop. Aid stations will be accessed by hiking, canoeing and/or by power boat, respectively. Adequate physical fitness is required. Each loop will have 6 aid stations which will comprise the largest group of volunteers. (Additionally, 1 volunteer at the top of Silver Peak.) Aid stations duties include: assisting runners with first aid, filling up water, simple camp food prep/cooking, for example.	October 12 to 14	TBD	Each aid station will require 4-5 volunteers, including 1 aid station captain, plus 1 at the top of Silver Peak (25-31 total)
Marshalling	Marshals will direct runners in the correct running direction of the Silhouette Trail. Marshals will be located only on road sections of the course.	October 12 to 14	TBD	1-3



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Course Marking	Course marking will be done in the days leading into the La Cloche Endurance Runs. We are very fortunate that the course is on a pre-existing trail and already marked with blue markers and rock cairns (inukshuks), however, there are multiple portage trails along the way and we do not want our runners to go the wrong direction. Extra markers and reflective tape will need to be placed along the way.	October 10-11	Hiking trail at own pace	2-3
Communications	Runners are timed in and out of each aid station which provides overall tracking for each runner. This information will be relayed to Command and will assist us with the health and safety of our runners.	October 12-14	100M - Oct. 12 6am - 38hr limit 50M - Oct. 13 6am - 16 hr limit	2 volunteers per shift. (4 shifts available) 8 volunteers total
Medical Aid	The La Cloche Silhouette Trail is a wild, remote and rugged trail. Needless to say, the terrain is difficult which creates a risk to our runners. Every aid station and the start/finish line will have an experienced first aid team member.	October 12-14	TBD	Included in the Aid station count.
Closing Ceremonies	Sunday activities include a pancake breakfast, awards, draw prizes and so much more. We welcome all of our volunteers to take part in the closing ceremonies as the La Cloche Endurance Run will not have been able to take place without you. We want to show you our appreciation! All volunteers who reach a 5 year milestone will be recognized at the Closing Ceremonies with a special gift. Closing ceremonies will also be held at the beautiful Killarney Mountain Lodge	October 14	8 - 10:30 am	5
Course Sweep / Take Down	This is the nitty gritty part of any race. Tasks includes taking down aid stations, cleaning supplies, inventorying, and taking down our course markings. Your help in this enormous task will be greatly appreciated.	October 13-14	Sweeping after last 50M runner	2-3
Total Volunteers: ~ 61 to 75				