



IRONBULL Red Granite Grinder Bike Race VOLUNTEER PACKET

10/14/23

Start/finish on 400 Block Wausau, WI

Volunteer Manager Andrea Larson: 715-574-4440

Goal:

Our primary goal for the event is to give all racers, volunteers, and spectators a safe and positive race experience. Make volunteering fun – dress up in a costume, use your cowbells and cheer on riders, encourage each other, and stay positive! Be prepared for situations that will arise – please read this document thoroughly.

Parking:

400 Block Parking: City Lot #15 (North of Dudley Tower) 500 1st Street, Wausau, WI 54403

Check in:

Volunteers must check in on the 400 Block (unless otherwise instructed) before the time of the start of your shift. Upon check-in, volunteers will receive instructions (unless pre-arranged earlier in the week).

Event Schedule:

See website for detailed event schedule.

Friday, 10/13

- 5:00-7:00 pm: Beer release and live music
- 5:00 – 6:30 pm: Onsite registration & packet pickup

Saturday, 10/14

- 5:15 – 6:30 am: 144 and 85, and 50 mile packet pickup
- 7 am: 144, 85, and 50 mile start
- 11:30 am – 5:00 pm: Food trucks onsite – all volunteers may pickup a free meal anytime (we will box up extra meals for volunteers/racers still on course)
- 1:30 – 2:30 pm: 12 mile packet pickup
- 3 pm: 12 mile start
- 7:30 pm: Finish line official close
- 9:00 pm: 144 mile finish cutoff

Course maps:

Routes for 12, 50, 85, and 144 mile routes: <https://www.ironbull.org/routes>

Check out:

Follow the specific directions provided or notify Zach (920-716-3610) when you leave the event.

Food/drink:

On Saturday (race day), Ruby Coffee and water will be available to everyone. We will also have bagels and bananas for volunteers on the 400 Block in the Volunteer Corner of the main tent in the morning. Volunteers may eat aid station snacks as well. Please bring your own food and beverages if you will need anything before 11:30 am or if you're located at a remote location. Between 11:30 am and 5:00 pm, you may redeem your blue meal ticket anytime at the Urban Street Bistro food truck and red drink ticket at the Wausau Noon Optimist Saloon on the 400 Block. If you're volunteering during the whole event, make sure you get meal and drink tickets for lunch and supper! We'll box up extra meals for racers and volunteers still oncourse. We desire to create minimal waste, so bring your own water bottle. If you need other snacks or have food restrictions, feel free to bring your own food items.

What to bring:

Because you will be working outside for your entire shift, we suggest that you bring items such as: appropriate clothing for rain/heat/cold, good shoes, extra clothes/shoes, camping / folding chairs (please label and bring as many as you can if willing to allow racers to use on 400 Block), hats/umbrellas for shade/rain, sunglasses, sunscreen, and bug spray. Check local weather and plan ahead.

All volunteers are required to have a charged cell phone and writing utensil that works in cold/wet weather and paper with them at all times.

Dress:

In addition to dressing for the weather, all volunteers working at the event on Saturday will be provided a high visibility vest to wear to designate themselves as a volunteer. High visibility vests are required for all road crossing volunteers and those directing riders at Rib Mountain State Park. Dressing in IRONBULL gear or costume is encouraged but please wear your vest if possible.

Communication:

All general volunteer questions should be directed to Volunteer Manager, Andrea Larson at 715-574-4440. Please provide us feedback on improving the process and event for all involved.

Emergencies:

1.0 Emergency Action Plan for Volunteers

Follow the below Emergency Action Plan

1. Communication plan

Emergency: 911, then notify in order below

Volunteer Manager	Andrea Larson	715-574-4440
Event Manger	Zach Ziesemer	920-716-3610

Race Director	Shane Hitz	715-393-5568
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For non-emergency situations, call the following in order above.

1. All the above contacts have comprehensive emergency action plan they will implement in such situations.
2. Each volunteer is provided either a hi-vis vest, so racers / spectators know who's a volunteer. Volunteers are lining the trails at Rib Mountain State Park and are required to wear hi-vis vest, so racers know who's a volunteer. Riders are required to walk their bikes on the Red and Quarry Trails.
3. Volunteers assisting with road crossings must wear hi-vis vests.
4. Roads are open to vehicular traffic and racers are expected to follow rules of the road.
5. Volunteers are instructed to use judgment to determine level of medical assistance. First aid may be initiated according to the specific skills of the personnel present. They may assist participants with acute injuries (first aid) but if they have any questions, they are to contact the executive director. When administering first aid, volunteers should follow:
 - Check the scene to see if there are any hazards present before doing anything else
 - For emergencies, volunteers are to call 911 (or if there is someone else present, have them call 911 while you stay with the victim), then the executive director. (If an ambulance is not needed or an injury is not life-threatening, notify the executive director.)
 - Care – you need to identify yourself, what you see, what you are trained to do, and ASK PERMISSION to provide aid if the victim is responsive (if they are not responsive permission is implied), then provide care until EMS arrives.

Volunteers must record any participant's name/bib number that requires any medical care so the executive director can check back with them. An incident report will be completed and filed with the executive director whenever medical treatment is provided or requested.
6. Basic first aid kits are available at the start/finish line and each aid station. Volunteers may bring additional first aid items that they are comfortable utilizing.
7. All volunteers are advised to wear gloves if in contact with blood. Contact executive director if a large amount of blood needs to be cleaned up.
8. Volunteers will record each racer's bib numbers at each aid station. If a racer is considered missing, the executive director will be contacted. The executive director may assign a first aid trained volunteer to sweep the course or the racer or emergency contact may be contacted (call/text/email).
9. Volunteers at each aid station should be assigned to manage garbage throughout the race to avoid trip/slip hazards.
10. The 50, 85 and 144 mile riders are required to carry a GPS with route file and/or cue sheet to navigate the route and 12 mile riders (the route also has arrows at key turns) are required to carry one GPS with route file and/or cue sheet per family. Trails that may be difficult to decipher are also marked. All 144 mile riders will have a tracker that you can monitor their location at <http://live.enabledtracking.com/rgg2023/> (some 85 & 50 mile riders chose to rent a tracker as well).
11. Racers are required to contact the race director and expected to make their own arrangements for transportation if drop-out. Racers are instructed to remove their bib if they drop out.
12. Volunteers handling food for direct consumption should wear food-safe gloves.
13. There are a few areas that may not have cell phone coverage on the routes, depending on the carrier. If possible, keep moving and make call when back in cell phone coverage.
14. Volunteers are informed of most likely risks during event for participants:

- Terrain / falls (sprains, cuts, abrasions, contusions)
- Crash – another road user (road crossings or pedestrian) or another rider
- Illness
- Fatigue / overexertion / gastrointestinal
- Hydration (dehydration/hyponatremia)
- Weather (heat/cold/wet)
- Blisters
- Intoxication

Event website: <https://www.ironbull.org/red-granite-grinder-details>

Online tracking: <http://live.enabledtracking.com/rgg2023/>

Racer guide (for all the info conveyed to racers including distances between aid stations):
<https://www.ironbull.org/routes>

Notes: