

# GRIZZLY MARSHALLING 2012

Thank you very much for agreeing to marshal at The Grizzly. Nearly 2,000 runners will have the opportunity to experience a tough but scenic multi-terrain race and are most grateful for your help. The brilliant support given by marshals (and their jelly babies!) is a common theme in the feedback we receive, so keep up the good work!

## EMERGENCY CONTACTS

Consider adding these numbers to your mobile for the day so that you don't lose them:

**Race Control                    07534 708732      Injured or retired runners and other “emergencies”.**

**Please state your position number, the runner's race number and an estimate of their condition.**

Race Director Garry Perratt    07855 917467    Other issues.

In the event of an extreme emergency you should dial 999, of course, but please also inform Control.

Likely Ambulance bases:        Seaton Esplanade, Beer Head, Branscombe Mouth, Branscombe Village Hall, Gays Farm.. However, these vehicles are likely to move around, of course.

## BACKGROUND INFO

Race HQ all weekend is the Town Hall, Seaton. The start/finish is at the western end of Seaton Esplanade. There are two races, the 20-mile Grizzly and 10-mile Cub Run, both starting at 10:30. The latter uses the first and last parts of the course, turning back near Branscombe Mouth.

## WHERE TO GO

**Map, timing and instructions specific to your location have already been sent to you.** We suggest that you take it with you on the day. You need to remember your marshal point number. If you have queries about the course layout when you arrive please call the race director. The markings will be checked Saturday afternoon/evening and some of them on Sunday morning but they can still go awry.

## YOUR DUTIES

**You are primarily there for the runners' safety.** At places where significant traffic control is expected, there will be additional Chapter 8 marshals, authorised under current legislation, to control traffic, with whom you should confer upon arrival at your position. You **must** defer to them if they instruct that runners should be stopped – we don't want anyone run over! Please give priority to any vehicle from the Emergency Services on any part of the Course. The bottom line is to ensure safe progress of the runners while preventing traffic from backing up too much. On less-busy roads, please use common sense to prevent any accidents. On narrow lanes, please politely ask pedestrians to step to one side, especially when the faster runners are racing through.

Warn any members of the public that runners are around but bear in mind that they have as much right to be there as the runners. **Please carry a mobile phone if possible.** (Different networks' coverage vary in the area so an adjacent marshal may have a signal even if you don't.) In the case of a runner injured, wishing to retire or otherwise in distress please call Race Control who will arrange for a pickup. The runners' medical information should be on the back of their number. If you can't get a signal, then direct the runner to an adjacent marshal if they can walk, preferably in the direction most accessible to a vehicle, or leave your position to obtain a signal.

Please do not block the runners' view of course marking, especially arrows. Please take a plastic bag with you and collect any litter /rubbish at the end of the race. Runners may also throw items at you as they race past you—please collect these up with good grace!!

Course marshals should wear the provided bibs or other high-vis clothing; those on water stations do not need to. Water station helpers, please make sure there is a bin about 100 yds along the course after your water station.

Please remain in position until the race back markers pass through unless you need to go for help. Course markings will be removed by marshals and taken to a suitable collection point, arranged and communicated beforehand. If it is a long time after the nominal end time for your position and no runner has passed for a while then either use your judgement as to whether or not to leave or phone the Race Director. There should be no more than a 20-minute gap between runners at the end of the race and less earlier on since slow runners will be shortcuted or pulled from the race.

**Please dress appropriately for the weather and your location.** We have the means to rescue incapacitated runners but would prefer not to deal with hypothermic marshals as well! It can be particularly bitter standing in exposed locations during bad weather for a long time.

## BEFOREHAND

**Please collect your plastic maralling bibs and Grizzly t-shirts from me (Rick) at Seaton Town Hall on Saturday 10<sup>th</sup> March between 10am and 2pm.**

### PRESENTATION EVENING

The presentation evening at which we will make donations to the organisations which helped us and other beneficiaries will be at Beer Social Club – date to be decided but probably in April.. One or two people from each group to attend please. Drinks and light refreshments will be provided.

### AND FINALLY ...

We and the runners thank you for your help in putting on an amazing event.

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