

## Grizzly Marshals Final Instructions

These are your final Grizzly 2012 instructions (please send them to the rest of your group):

1. marshals should have with them a mobile phone, carrier bag for rubbish and suitable clothing - plus possibly a few jelly babies ?
2. They should be in place 15 to 30 mins before first runner.
3. They stand down after the back markers say the race is over.
4. They take down all signage etc. ( and pick up any rubbish please) along the route back to their vehicles at the "dump" points. Please also return any bibs which could be re-used.
5. The contact number for Garry Perratt for race problems etc. is **07855 917467**
6. The number for medical (St John Ambulance) help is: **07534 708732**
7. Someone from each group should come to Seaton Town Hall between 10am and 2pm on Saturday 10th March to collect bibs and T shirts and ask any final questions.
8. The presentation evening for donations will be on Friday April 27th 7pm at Beer Social Club. One or two people from each group to attend please.