



Hello 2017 Rugged Toad Volunteers!

Thanks for volunteering for the Third Annual Rugged Toad Adventure Tri - Get your Wart On August 26th! We are less than a few days away from this fun event and wanted to provide you with information regarding race day.

- The race crew and I have been working very hard to make this event a huge success. The event will consist of a 4.6 mile paddle, a 2.6 mile trail run and a 6.8 mile mountain bike course.
- The race starts at 9 am at Brookwood Park in Waverly. Racers will paddle to the Boy Scout Camp (Ingawanis Adventure Base). Racers will then run on the course through the Boy Scout camp to the transition area at Eagle Lodge (Ingawanis Woodlands). From here, they embark on the mountain bike course and finish back at Eagle Lodge.
- **Paddle Volunteers / Race Start:** for those volunteers working at the start of the race there is plenty of parking at Brookwood Park. Please check in with the volunteer coordinators Frank Frederick and Larry Steinbronn. Kayak volunteers on the water are required to wear a life jacket. We will provide a bilge pump and throw rope.
- **Running Volunteers:** Please report to the swimming pool area at the Boy Scout Camp and check in with volunteer coordinators Bob Brunkhorst and Linda Brandt.
- **Mountain Biking Volunteers & Finish Line / Registration:** Please report to Eagle Lodge and check in with volunteer coordinator Penny Gerholdt. There is ample parking at Eagle Lodge.
- **In an effort to raise more funds for Ingawanis Woodland we are only providing volunteer shirts to new volunteers. Please wear your volunteer shirt from last year.** Your volunteer coordinator will have your t-shirt if new to race volunteering. Please plan to wear the t-shirt during the event so that all racers can identify the volunteers.
- Doughy Joey's (from Cedar Falls) will be proving a meal for race participants. Volunteers may also enjoy the meal once all racers have eaten.
- Check out the Rugged Toad Adventure Triathlon Facebook page for updates or visit http://crawdaddyoutdoors.com/event/rugged-toad-adventure-triathlon-2017/?instance_id=1440 for lots of info!
- Event is held rain or shine. Event will be delayed due to severe weather / lightning.
- Upon check-in with your volunteer coordinator, a waiver will need to be signed.
- Your volunteer coordinator is your contact the day of the race. Please do not contact the race director or other committee members on race day.
- Also attached is the racer participant letter. Please read to familiarize yourself with race information, rules and maps/directions.
- Committee Members / Volunteer Coordinators will be in orange shirts - feel free to ask them questions as needed.
- **Please cheer on the racers!! Encouragement is appreciated.**

Thank you again for volunteering. We look forward to some great racing!

Darrin Siefken
Race Director
info@crawdaddyoutdoors.com
319-352-9129 (store) or 319-404-0451 (cell)

Volunteer Coordinators

Penny Gerholdt 319-240-2092
Larry Steinbronn 319-231-9874
Linda Brandt 319-230-1610

Frank Frederick 319-939-4022
Bob Brunkhorst 319-404-2862