

Tubbs Romp to Stomp out Breast Cancer
Vermont: January 29 & Jan 30, 2010

VOLUNTEER INFORMATION

For those volunteering for Priority Check-in &/or Event-Day

Dear Volunteer,

First, let me extend an HUGE THANKS for your efforts at the 2010 Romp to Stomp out Breast Cancer. This event could not happen without you, so please know that your efforts are greatly appreciated and that you are helping to make breast cancer history! The following info will help with most of the initial questions you might have about volunteering at the Romp, but should you have anything specific, please don't hesitate to contact me!

Cheers,

Wendy Miller, Romp to Stomp Manager

w: 206-805-4800 x2250 | c: 360-303-6490 | wendy_miller@k2sports.com

ROMP PRIORITY CHECK-IN VOLUNTEER DETAILS

DATE: Friday, January 29, 2010

VOLUNTEER SHIFT: 3:15-8pm

(note: original volunteer shift was just until 6:15, but EMS will be staying open later for us and to try and generate some business; if you have to leave at 6:15pm, no worries but if you can a little later, we'd appreciate it!)

LOCATION:

Eastern Mountain Sports—Manchester Center

263 Depot Street, Manchester Ctr

(802) 366-8082

What is the priority check-in?

We introduced the priority check-in this year as a way to lessen the business of the morning of the event. Those who are pre-registered can check-in, get their bib number and goody bag. Then, the morning of the Romp, all they have to do is show up, pin on their bib, get demo snowshoes (as necessary), and be at the start line at 9am (if their racers) or 9:30am (if their walkers). People can also pre-register for the event at priority check-in (for the \$35 rate), and team captains (or a team representative) can pick up materials for their entire team. Participants can also turn in their donations from fundraising. Essentially it is exactly like morning-of check-in... just the night before.

What will I do as a volunteer?

You can choose one of four volunteer roles:

- 1) **Donation Table:** Accept donations for Susan G. Komen for the Cure
- 2) **Event Registration:** Register new participants
- 3) **Pre-registration check-in:** Check-in preregistered participants
- 4) **Crowd management:** Greet people at the resort, direct them where to go, manage the line if one forms, etc.

Where should I go to volunteer Fri night? Just go directly into EMS we will be setting up inside the store.

What time should I show up EMS? 3:15pm

When I arrive, who should I talk to? Wendy Miller (Romp director) or Liz Ulloa (Registration/Check-in Point person)

General Schedule:

3:15-4pm: Training & set-up; even if you volunteered for registration and check-in last year, there are a number of changes in the process that are important to go over.

4pm: Check-In opens

6:15pm: for volunteers who need to leave, they can; others can stay late as EMS is staying open later.

7:15pm: start wrappin up check-in

7:30p,: officially closes; volunteers Count registrations, registration income, and donations

8pm: volunteers leave!

EVENT DAY VOLUNTEER DETAILS

Stratton Mountain, Saturday, January 30, 2010

General Schedule

7:00am	Set up volunteers meet at tent outside Sun Bowl lodge at Stratton
7:30am	Rest of volunteers meet at tent outside Sun Bowl lodge to get trained
8:00 am	Participant Registration, Check-in & Pledge Collections Open in tent outside Sun Bowl
9:00 am	3K Snowshoe Fun Race
9:30 am	Main Event: 3K or 5K Benefit Walk (participant's choice)
11:00 am	Closing & Award Ceremony
12:00pm	Finish final take-down

What time should I show up?

Please ARRIVE at the Mountain Creek Appalachian Lodge at 7am. Signs in the lobby will direct you which meeting room to go to. Allow 5-10mins to park, gather your belongings, and walk to the tent so that you can ARRIVE at your scheduled time.

How do I get to Sun Bowl Lodge of Stratton?

Please visit this link:

<http://www.stratton.com/lodging/directions/index.htm>

Where do I park? Does it cost to park?

There will be plenty of free parking in the Sun Bowl area.

After parking, where should I go?

Gather your belongings and go to the big tent in the parking lot near the lodge.

What will I be doing?

There are a variety of things you might have been assigned to already if you signed up to volunteer through Komen but here is a general list:

Registration: volunteers will register new participants, check-in pre-registered participants, or collect donation money. It is all pretty straight-forward and you'll receive plenty of information to make it easy.

On-Course help/cheering: These volunteers to cheer on the participants and staff the on-course water station. Even though this job involves bundling up, but it is worth it to see the smiling faces of all the Rompers and Stompers and encourage them along the way!

Race Timing: These volunteers will help time the race (with stop watches).

Floaters: Floaters will be available to help where needed (crowd control, set up, etc.)

Site Breakdown: Volunteers might help packing up and bringing down snowshoes and tent canopies from as well as taking down and packing up the registration area.

Tubbs Scout Mascot: The Tubbs snowshoes mascot (Tubbs Scout the Husky dog) will be on-hand at the Romp to Stomp and we're looking for someone who would want to wear the mascot costume at various points during the event or volunteer to be Tubbs Scout's escort.

What should I bring/wear?

Clothing: Dress warm!! Although the registration tent will be heated, wear warm clothing.. We are expecting temps in the teens and possible snow.

Lunch/Snacks: We'll be pretty busy all morning so try to remember to bring snacks to keep you going! We'll have some goodies and coffee and cocoa, but we recommend bringing your fav snacks if you can! By the time we're finished it will be lunch time, so you might want to bring a lunch as well.

Ski/Board Gear: All Romp participants and volunteers will get a free lift ticket to get up the mountain for the Romp. AFTER your volunteer duties are over, you're welcome to use the rest of the afternoon to snag a few runs.

Can I also participate in the Romp?

There are some of you that, along with volunteering you'd like to participate in the Romp to Stomp itself. That should be fine, please make sure to do the following:

- 1) Register for the Romp online (online registration closes Thurs, Jan 21 at 5pm), at priority check-in or the day-of.
- 2) Make sure to tell us you are participating in the walk along with volunteering.
- 3) When done walking, if you can help with take-down, we'd greatly appreciate it!
- 4) Note that we'll probably put you at a registration table and then you can head up to the top when it is time for the event to start.