



2022 Lost Soul Ultra Volunteer Handbook

Thank you for volunteering for the 22nd Annual Lost Soul Ultra! Our race is held in the beautiful river valley in Lethbridge, Alberta where racers traverse scenic coulees while running next to the Oldman River and under the High Level Bridge.

All three of our races start at Lost Soul Ultra headquarters located in the back parking lot of the Sandman Signature (formerly Lethbridge Lodge) at 320 Scenic Dr South:

- **100 mile** - Friday, September 9, 2022 at 7:00 am
- **100 kilometer** - Friday, September 9, 2022 at 9:00 am
- **50 kilometer** - Saturday, September 10, 2022 at 7:00 am

Please read through this Lost Soul Ultra Volunteer Handbook prior to race weekend. If you require any further clarification, please contact a Lost Soul Ultra Race Director (Marc Hayward, Jake Cameron, Shawn Pinder, Pat Wilson, Dean Johnson).

Organization

The Lost Soul Ultra is a community-based event organized by runner-driven volunteers who promote trail and ultrarunning events in Lethbridge, Alberta. The Lost Soul Ultra would not be possible without the assistance of over 200 volunteers on race weekend who help with everything from Aid Station and medical support, to course flagging and timing.

History

The Lost Soul Ultra was founded in 2000 by ultrarunners Ron Bain, Paul Shipp, Marc Hayward, Terry Schwengler, Rod Dueck and Dave Watson. Over the years the race has evolved from a small 30-person event where everyone received a sandwich at the end of the 100 mile race ... to the awesome event it is today.

The original goal of the race was to offer **"the toughest (and nicest) race on the Prairies"** ... and we work hard every year to live up to this goal!



Race Course

Our [race course](#) is a 54 km loop with approximately 1,200 m (3,600 feet) of elevation incline and decline. Most of the hills (coulees) are 150 - 250 feet and racers traverse about 16 hills in one loop. In the 54 km loop there is 38 km of single track, 6 km of pavement, 5 km of gravel road and 5 km of shale path.

The race course is divided into 6 legs which correspond with check-in points at the three Aid Stations: Headquarters (HQ), Softball Valley (SV) and Pavan (PV)

Leg	Description	Distance
Leg 1: HQ to HQ	South loop hills from/to HQ using red shale path above the fort	7.0 km
Leg 2: HQ to SV	North hills to Softball Valley, enter at parking lot	8.4 km
Leg 3: SV to PV	North hills to Pavan, exit is north east up to gun range hill, includes Ryan's Ridge	9.6 km
Leg 4: PV to PV	North loop through private land, back to Pavan. There is an unmanned water station on this leg.	16.4 km
Leg 5: PV to SV	South along river to Softball Valley, enter between ball diamonds	6.6 km
Leg 6: SV to HQ	South along river to HQ - head west to river, then south. Finish up "Haybale hill" left of the fort to parking lot finish area	6.2 km
Total Loop		54.2 km

- ★ The 100 mile race consists of 3 laps 162.6 km
- ★ The 100 km race consists of 2 laps (minus Leg 1 on final lap) 101.1 km
- ★ The 50 km race consists of 1 lap 54.2 km

LOST SOUL ULTRA

SOKM · 100KM · 100MI

LETHBRIDGE, AB

"Toughest (and nicest) Race on the Prairies"



- | | |
|----------------------|--|
| Aid Stations | Race Legs |
| ★ Start/Finish Point | — Leg 1 (South Loop) |
| ● Water Station | — Leg 2 (HQ to Softball Valley) |
| ○ First Aid | — Leg 3 (Softball Valley to Pavan Park) |
| Navigation | — Leg 4 (North Loop Pavan) |
| Ⓟ Parking Lot | — Leg 5 (Pavan Park to Softball Valley) |
| — Driving Route | — Leg 6 (Softball Valley to HQ [Finish]) |



Schedule of Events

Friday, September 9, 2022	
6:00 - 8:30 am	100 mile/100 km racers take their drop bags to LSU Headquarters: <ul style="list-style-type: none"> - Place Headquarters drop bag in designated area - Place Pavan drop bag in designated area
7:00 am	100 mile Race Start
9:00 am	100 km Race Start
Saturday, September 10, 2022	
6:00 am	100 km Race Cutoff (21 hours) <ul style="list-style-type: none"> - End of race timing - 100 km racers must check-in/DNF at next Aid Station
6:15 - 6:30 am	50 km racers take their drop bags to LSU Headquarters: <ul style="list-style-type: none"> - Place Headquarters drop bag in designated area - Place Pavan drop bag in designated area
7:00 am	50 km Race Start
8:00 am	100 km drop bags available for pickup at Headquarters
4:00 pm	100 Mile Race Cutoff (33 hours) <ul style="list-style-type: none"> - End of race timing - 100 mile racers must check-in/DNF at next Aid Station
6:00 pm	50 Km Race Cutoff (11 hours) <ul style="list-style-type: none"> - End of race timing - 50 km racers must check-in/DNF at next Aid Station (Limited services available after 5:00 pm) - All drop bags available for pickup at HQ
Sunday, September 11, 2022	
9:00 am	Breakfast at Sandman Signature Lethbridge Lodge (for racers and their guests)

General Information

Course Records

Race	Men	Women
200 km	29:36 Patrick Humenny (2019) Kimberley, BC	34:54 Anna Duda (2019) Delburne, AB
100 mile	19:27 Dave Proctor (2017) Black Diamond, AB	22:06 Chelsey Topping (2018) Lethbridge, AB
100 km	10:07 Stefan Schreiber (2019) Edmonton, AB	10:59 Svenja Espenhahn (2019) Calgary, AB
50 km	4:11 Evan Bayer (2018) Calgary, AB	5:09 Deb Russell (2017) Calgary, AB

Weather and Finisher Rates

- ★ Temperatures: Expect highs of 30 C and lows of 4 C.
- ★ Insects: Prepare for wasps during the day and mosquitos at night.

Year	Friday High	Friday Low	Rain	Saturday High	Rain	Comment	Finisher Rates
Sept 7-8, 2012	27.3 C	3.7 C	0	30.2 C	0		100M (20/50 = 40.0%) 100K (53/73 = 72.6%) 50K Fri (31/39 = 79.5%) 50K Sat (75/78 = 96.0%) Overall (179/240 = 74.6%)
Sept 6-7, 2013	25.6 C	15.8 C	1.2 mm	18.2 C	0.4 mm		100M (29/44 = 65.9%) 100K (69/91 = 75.8%) 50K (105/110 = 95.4%) Overall (203/245 = 82.9%)
Sept 5-6, 2014	22.5 C	3.1 C	0	25.3 C	0		100M (20/44 = 45.4%) 100K (71/102 = 69.6%) 50K (137/156 = 87.8%) Overall (228/302 = 75.5%)
Sept 11-12, 2015	28.1 C	11.8 C	0	31.6 C	0.7 mm		100M (25/56 = 44.6%) 100K (94/124 = 75.8%) 50K (109/136 = 80.1%) Overall (228/316 = 72.2%)
Sept 9-10, 2016	21.2 C	7.3 C	1.4 mm	23.6 C	0		100M (38/57 = 66.7%) 100K (113/136 = 83.1%) 50K (127/132 = 96.2%) Overall (278/325 = 85.6%)
Sept 8-9, 2017	34.3 C	10.3 C	0	31.7 C	0	Smoky - AQHI 10+	100M (19/57 = 33.3%) 100K (49/110 = 44.5%) 50K (102/131 = 77.9%) Overall (170/298 = 57.0%)
Sept 7-8, 2018	31.1 C	9.8 C	0	26.6 C	0	Smoky - AQHI 4 - 6	100M (22/51 = 43.1%) 100K (87/141 = 61.7%) 50K (122/142 = 85.9%) Overall (231/334 = 69.2%)

Sept. 6-7, 2019	22.0 C	7.3 C	0.4 mm	23.8 C	0	200K (8/23 = 34.8%) 100M (25/40 = 62.5%) 100K (95/111 = 85.6%) 50K (137/151 = 90.7%) Overall (265/325 = 81.5%)
Sept. 10-11, 2021 (*modified course Sept. 11)	18.2 C	7.7 C	0	17.2 C	16.4 mm	100M (16/25 = 64%) 100K (102/127 = 80.3%) 50K (129/130 = 99.2%) Overall (247/282 = 87.6%)

Cutoff Times

★ After 50 km leg cutoff times, course deflagging with course sweeps will begin.

NEW!

Time	100 Mile	100 Km	50 Km
5:00 pm Friday	HQ - Cutoff to complete Lap 1 (10 hours)		
8:00 pm Friday		HQ - Cutoff to complete Lap 1 (11 hours)	
Midnight Friday		Pavan - Cutoff to start Leg 4 (northbound)	
3:00 am Saturday		Pavan - Cutoff to start Leg 5 (southbound)	
4:00 am Saturday	HQ - Cutoff to complete Lap 2 (21 hours)		
6:00 am Saturday		100 Km Race Finish (21 hours)	
9:00 am Saturday	Pavan - Cutoff to start Leg 4 (northbound)		
Noon Saturday			Pavan - Cutoff to start Leg 4 (northbound)
1:00 pm Saturday	Pavan - Cutoff to start Leg 5 (southbound)		
3:00 pm Saturday			Pavan - Cutoff to start Leg 5 (southbound) *Only water and limited snacks available after 2:00 pm
4:00 pm Saturday	100 Mile Race Finish (33 hours)		
6:00 pm Saturday			50 Km Race Finish (11 hours)

Finisher Rocks

- ★ Racers who successfully finish their race will receive a Lost Soul Ultra Finisher rock at the finish line.
- ★ Racers who wish to have their name and official time included on their rock need to make arrangements for this service with rino.LAstoneworks@gmail.com
 - Racers who DNF (Did Not Finish) will not receive a rock.

Awards

- ★ During the Sunday Breakfast we present:
 - LSU plaques to the Top Male and Top Female in each race (50 Km, 100 Km, 100 Mile)
 - **New!** LSU mini painted rocks to the Top Male and Top Female Finisher in each age category (18-29, 30-39, 40-49, 50-59, 60+) in each race
 - Memorial awards

1000 Mile Club

- ★ We provide special recognition (and a HUGE rock) to racers who finish ten 100 mile Lost Soul Ultras. We currently have 4 members in our 1000 Mile Club!

**Larry Kundrik
(2014)**



**Hiroshige Watanabe
(2016)**



**Richard Carvalho
(2017)**



**Karen Johansen
(2021)**



Triple Crown Club

★ We are in absolute awe of racers who have won the 50 km, 100 km and 100 mile Lost Soul Ultra. We have 3 members in our Triple Crown Club!




	Phil Fraser	<ul style="list-style-type: none">→ 1st Overall 50 km (2000)→ 1st Overall 100 km (2001, 2003)→ 1st Overall 100 mile (2002)
	Carl Pryce	<ul style="list-style-type: none">→ 1st Overall 50 km (2009, 2012)→ 1st Overall 100 km (2010)→ 1st Overall 100 mile (2011)
	Oleg Tabelev	<ul style="list-style-type: none">→ 1st Overall 50 km (2011)→ 1st Overall 100 km (2012)→ 1st Overall 100 mile (2010)

Photo Credits: Ralph Arnold Photography

Aid Stations

There are three Aid Stations along the Lost Soul Ultra course.

Headquarters (HQ)

The HQ Aid Station is located in the back parking lot of the Sandman Signature (race hotel) at 320 Scenic Drive South.

- ★ Volunteers may park their vehicle in the designated volunteer parking spots in the Sandman Signature back parking lot during their volunteer shift. Alternatively, they can use on-street parking, or park in the upper level (northwest corner) of the Hudson's Bay lot across the street.
- ★ Volunteers may park their vehicle temporarily in the Galt Museum parking lot (next to Headquarters) to watch the race start. However, vehicles cannot be parked in the Galt Museum parking lot for an entire volunteer shift (i.e., vehicles will be towed).

Softball Valley (SV)

To drive to the SV Aid Station from the HQ Aid Station:

- ★ Turn left on Scenic Drive North.
- ★ Follow the signs to Softball Valley (left turn after 9 Avenue N. lights).
- ★ Volunteers can park in the Softball Valley parking lot during their volunteer shift.



Pavan (PV)

To drive to the PV Aid Station from the SV Aid Station:

- ★ Turn left on Scenic Drive North and continue past the residential areas.
- ★ Follow the signs to Pavan Park (left turn) and stay left to John Martin picnic shelter.
- ★ Friends and family of racers (crew) often bring food and chairs for a picnic and use the BBQ at Pavan. There is also a playground for kids.
- ★ Volunteers can park in the Pavan parking lot during their volunteer shift.

Lost Soul Ultra Volunteers

A wide variety of activities need to happen before, during and after the Lost Soul Ultra in order for it to be a great ultrarunning event. The following pages provide a description of key volunteer responsibilities.

Thank you very much for volunteering. We appreciate your time, energy and dedication to the racers and the Lost Soul Ultra! We hope you have fun volunteering for the Lost Soul Ultra!!!

Trail Maintenance Volunteers

Description

Trail maintenance volunteers help prepare the trails before Lost Soul Ultra weekend. Please bring your pruning tools and shears, shovels, weed wacker, and protective gloves. Watch the Lost Soul Ultra Facebook page for target areas and organized maintenance events.

Responsibilities

Trail maintenance volunteers:

- ★ Prune overgrown brush using pruning tools and shears.
- ★ Mow long grass and weeds using weed wackers.
- ★ Clear the trail of large branches or obstacles.
- ★ Move dirt to cover gaping holes using a shovel.
- ★ Remove trash or debris.

Contact

Please contact Race Director Marc Hayward with trail maintenance questions or concerns.



Course Flagging/Deflagging Volunteers

Description

Course flagging volunteers mark the Lost Soul Ultra course prior to the race. Please bring a daypack to carry course marking supplies, protective gloves and a trash bag.

Course flag checker volunteers stay ahead of the lead racers on Saturday morning and ensure course flags have not been moved or removed.

Course deflagging volunteers return the course to its pre-race state after racers have completed the course. Please bring a daypack to carry course marking supplies, protective gloves and a trash bag. Course deflagging starts after sections are closed on Saturday.

Responsibilities

Course flagging volunteers can either run, hike or mountain bike (if area is unrestricted) to:

- ★ Insert LSU pink flags along the designated part of the course.
- ★ Mark rocks with white survey paint as specified.
- ★ Remove any garbage or debris along the course.

Course flag checker volunteers must be very familiar with the Lost Soul Ultra course to:

- ★ Determine if course flags have been moved, removed or tampered with.
- ★ Replace any missing LSU pink flags along the course.

Course deflagging volunteers:

- ★ Check in with the nearest Aid Station Supervisor before deflagging to ensure all racers have completed the designated section of the course.
- ★ Can either run, hike or mountain bike (if area is unrestricted) to remove LSU pink flags from the designated section of the course.
- ★ Return flags to the nearest Aid Station Supervisor. If deflagging is completed on Sunday, return flags to Runners Soul.
- ★ Remove any trash or debris along the course.

Contact

Please contact Race Director Marc Hayward with course flagging/deflagging questions or concerns.



Headquarters Assembly/Disassembly Volunteers

Description

Headquarters assembly volunteers help construct and set up the HQ Aid Station on Thursday in the Sandman Signature back parking lot.

Headquarters disassembly volunteers help tear down and clean up the HQ Aid Station on Saturday/Sunday after the race.

Responsibilities

Trailer moving volunteers require a truck with a hitch to:

- ★ Pickup, park and return the Lethbridge Race Association trailer.
- ★ Pickup, park and return the Lost Soul Ultra flat deck trailer (finish line trestle).
- ★ Pickup, park and return the Lost Soul Ultra trailer.
- ★ Pickup, park and return the Lost Soul Ultra recreational trailer (used for timing).
- ★ Pickup, park and return the Fire Safety Services trailer.
- ★ Pickup, park and return any additional trailers.

HQ Aid Station assembly volunteers setup:

- ★ Tents
 - Large tents (supervise Custom Canvas).
 - Small Runner's Soul tents.
- ★ Port-a-potties (supervise delivery location).
- ★ Fencing (yellow gates and cones).
- ★ Generator (with power cords).
- ★ Water line (from Sandman Signature outside hose bib to HQ kitchen).
- ★ Kitchen (tables, sink, stand up freezer, coolers, rope lighting).
- ★ BBQ (including propane bottles).
- ★ Tables and chairs.
- ★ HQ timing (use posts and flag rope for chutes for check-in, setup table for timing staff, power cord).
- ★ Finish line (bridge trestle, banner, spotlights, timing clock/tablet, finish line video camera).
- ★ Night heaters (including propane bottles).

HQ disassembly volunteers assist with:

- ★ Tent disassembly (smaller Runners Soul tents).
- ★ Return yellow gates and cones to specified trailers.
- ★ Roll and return power cords to specified trailer.
- ★ Roll and return hoses to specified trailer.
- ★ Kitchen disassembly (tables, sink, stand up freezer, coolers).
- ★ BBQ cleanup and disassembly (including propane bottles).
- ★ Return all tables and chairs to specified trailers.

- ★ Return timing posts, flag rope, and extension cord to specified trailers.
- ★ Return bridge trestle, spot lights, timing clock/tablet, and finish line video camera to specified trailers.
- ★ Return heaters and propane bottles to specified trailers.

Questions

Please contact Race Director Pat Wilson with Headquarters Aid Station assembly/disassembly questions or concerns.



Food Preparation and Delivery Volunteers

Description

Food preparation volunteers make sandwiches and cut fruit on Thursday night.

Food delivery volunteers deliver food, snacks, beverages and ice to the three Aid Stations on Friday and Saturday.

Responsibilities

Food preparation volunteers prepare:

- ★ Peanut butter and jam sandwiches.
- ★ Ham and cheese sandwiches.
- ★ Cheese sandwiches.
- ★ Pre-cut watermelon.
- ★ Pre-cut oranges.

Food delivery volunteers deliver:

- ★ Sandwiches, fruit, food, snacks and beverages to the Aid Stations on Friday morning.
- ★ Ice and required supplies to the Aid Stations during the race on Friday and Saturday.
- ★ Leftover food, snacks and beverages to the homeless shelter after the race.



Questions

Please contact Race Director Dean Johnson with Food Preparation and Delivery questions or concerns.

HQ Parking Volunteers

Description

HQ parking volunteers direct vehicle traffic prior to the 100 mile/100 km race start on Friday morning and 50 km race start on Saturday morning.

Responsibilities

HQ parking volunteers (wearing reflective vests and carry flashlight if dark):

- ★ Keep traffic flowing smoothly to the Sandman Signature back parking lot, or direct vehicles to alternative parking locations (on-street parking, Hudson Bay upper level north west corner).
- ★ Restrict vehicles entering the Sandman Signature back parking to the following:
 - Lost Soul Ultra race officials with a parking tag hung in their vehicle (Race Directors, Food Delivery volunteers, HQ Aid Station volunteers)
 - Medical and Timing Volunteers (refer to HQ Volunteer list)
 - Vendor and equipment rental vehicles
 - Emergency vehicles

Questions

Please contact Race Director Marc Hayward with parking questions or concerns.



Aid Station Volunteers

Description

Aid Station volunteers are friendly, fun and helpful people who provide many services to Lost Soul Ultra racers. Depending on the time and anticipated weather conditions during your volunteer shift, please bring the following items:

- ★ Sunscreen and hat
- ★ Insect repellent
- ★ Coat, hat, mittens and other warm clothing (for cool nights)
- ★ Headlamp (if you are volunteering during the night shift)
- ★ Food and drink for yourself

Please check in with the Aid Station Supervisor at the start of your shift and wear a name tag at all times. When you first arrive at your Aid Station, familiarize yourself with the foods and beverages available for racers and where extra supplies are located. Each Aid Station has medical supplies and utility supplies such as paper towels, duct tape, scissors, hand sanitizer, protective gloves and wipes. In the past, we've had frantic calls for more food/supplies that were already at the Aid Station, so before phoning for more food/supplies, please check to see if what you need is hidden away in a bin.

Lost Soul Ultra racers appreciate lots of positive energy from the Aid Stations. For those who have not volunteered at an Aid Station before, the "front of the pack" racers usually need minimal help (they want to get in and out quickly). Offer to fill their bottles, but be prepared to just stay out of their way and let them move through quickly if that's what they choose.

After the front of the pack racers come through, it is more relaxed and racers enjoy personalized attention. Offer to fill racer bottles and hydration packs while racers are getting food (we find the biggest bottleneck is filling water bottles and hydration packs). Please use the supplied water pitchers to quickly refill bottles, and ice scoops when filling bottles/ hydration packs with ice.



Here is a list of the food, snacks and beverages available at Aid Stations for the hungry racers!!!

Food	Snacks	Beverages	Other
<ul style="list-style-type: none"> ○ Watermelon ○ Oranges ○ Bananas ○ Peanut butter & jam sandwiches ○ Ham & cheese sandwiches ○ Cheese sandwiches ○ Boiled potatoes ○ Chicken broth ○ Vegetable broth ○ Quinoa (to add to broth) ○ Rice balls ○ Protein (bacon, burgers, veggie burgers, etc.) 	<ul style="list-style-type: none"> ○ Salt & vinegar chips ○ Plain chips ○ Pringles chips ○ Pretzels ○ Cheezies ○ Chocolate chip cookies ○ Oreo cookies ○ Gingersnap cookies ○ Gummy bears ○ Mini chocolate bars ○ Hot rods ○ Beef jerky ○ Dill pickles 	<ul style="list-style-type: none"> ○ Water and ice ○ Coke/Pepsi ○ Ginger Ale ○ Lemon-Lime Gatorade ○ Coffee ○ Tea ○ Hot chocolate 	<ul style="list-style-type: none"> ○ Salt (for cramping) ○ Tums (for cramping) ○ Mustard packs (for cramping) ○ Ginger candy for upset stomach) ○ Frozen treats (freezies, etc.)

Racers may require other Aid Station resources including washrooms, basic first aid items, or the small heated area with air mattresses and blankets.

Responsibilities

Aid Station volunteers:

★ Provide racer assistance:

- Ask the racer “How are you feeling?” and if the racer is in any kind of distress, ask medical/first aid volunteers for assistance.
- Offer food, snacks, and beverages.
 - Fill water bottles and hydration packs using supplied water pitchers.
 - Ensure racer double-checks seal on water bottles and hydration packs.
 - Add ice to bottles, hats, etc. using ice scoops.
- Retrieve racer drop bag (drop bags are organized by racer bib number) and retrieve whatever the racer needs from their drop bag.
- Assist with any equipment issues.
 - Be helpful but don’t hover.
- Dispose of racer’s trash.
- Always offer positive, encouraging words.
 - Don’t take it personally if the racer is grumpy as racers experience extreme highs and lows during the race.
- Answer racer questions (ask the Aid Station Supervisor if unsure of any answers).
- Verify racer leaves in the correct direction for the next leg.

★ Assist with food preparation:

- Make soup (chicken or vegetable broth), quinoa (to add to the broth) or boiled potatoes.
 - Do NOT precook noodles as they become slimy. Only prepare noodles as needed.
- Cut bananas, pickles, etc.

- Cook bacon or burgers.



- ★ Assist with Aid Station set up/maintenance/clean up of:
 - Pylons directing racers into/out of the Aid Station.
 - Tables for food, medical, etc.
 - Trash bag containers inside the Aid Station and on the trail as the racers exit the Aid Station. Please dispose of trash bags when they are $\frac{3}{4}$ full.
 - Wasp traps (fill the bottom with sugary beverage).
 - Propane heaters in the evening/overnight.

Drop bag organizer volunteers:

- ★ Show racers where to place their drop bags (prior to the race).
- ★ Ensure drop bags are accessible to all volunteers/crews.
- ★ Organize drop bags by bib number at the Aid Station.

Heavy lifter and drop bag/supplies moving volunteers:

- ★ Move very large and heavy picnic tables at Pavan.
- ★ Drive to HQ and load Pavan drop bags into trailer/truck (volunteers require a truck with a hitch).
- ★ Transport drop bags and supplies to Pavan Aid Station.
- ★ Organize drop bags by bib number at Pavan Aid Station.
- ★ Return drop bags early from Pavan Aid Station to HQ if placed in the "Return Early" bin.
- ★ Return all 100 km drop bags from Pavan Aid Station to HQ by 8:00 am Saturday.

Medical/first aid volunteers:

- ★ Monitor runners for coherency and general condition.
- ★ Provide assistance with blisters, bandages, sunscreen etc.
- ★ Follow posted 911 procedure if racer requires emergency medical treatment.

Pavan racer response/search crew volunteers:

- ★ Must be familiar with Leg 4 (North Loop) and capable of patrolling the trail at night. Please bring a headlamp.
- ★ Search for any missing runners and carry extra water, food, and supplies for racers in need.
- ★ Call 911 if a racer requires emergency medical treatment.
- ★ Check course flagging.
- ★ Restock the remote water station in the gravel pit.
- ★ Dismantle the remote water station on Saturday.

Finish line volunteers:

- ★ Take AMAZING finish line photos. Please keep in mind what racers have just accomplished and give them an enthusiastic "congratulations!" (cowbells, hollers, dancing and high fives encouraged!)
- ★ Announce the racer's name over the PA system.
- ★ Ask racers if they need anything - chair, blanket, something to eat or drink. A little personalized attention goes a long way at this point. If a racer needs medical attention, please alert the medical volunteers.



Questions

Please contact Race Directors Jake Cameron or Shawn Pinder with Aid Station questions or concerns.

Timing Volunteers

Description

Aid Station timing volunteers are detail-oriented people who are positioned within the designated Aid Station timing area. When a racer completes a leg and arrives at an Aid Station, the racer “checks-in” by speaking their name and bib number to the timing volunteers.

Aid Station timing volunteers maintain two timing systems:

- 1) Manual (paper) system. The manual timing system is critical as it is our backup in the event of problems with the electronic system. The manual system will record racer times after Legs 2 - 6.
- 2) Electronic system (tablet) using UltraSignup app. Racer times will be recorded electronically after Leg 3 (SV to PV), Leg 4 (PV to PV) and Leg 6 (SV to HQ).

Responsibilities

Aid Station timing volunteers:

- ★ Record the time when a racer checks-in at an Aid Station (HQ, SV, PV):
 - Write the racer’s bib number, first name, time of day (9:00 am or 9:00 pm), and any comments in the manual system.
 - Enter the racer’s time using the UltraSignup app (electronic system). Friends and family can access UltraSignup Live Results by visiting www.lostsoulultra.com/live.
- ★ Register, record and issue pacer bibs for any 100 mile pacers.
- ★ Record a DNF (Did Not Finish) time if a racer decides to drop from the race:
 - Keep the racer’s bib (if a racer wants to keep their bib as a keepsake, record the bib number before returning it to the racer).
 - Write the racer’s name and DNF time in the manual system.
 - Enter the time of DNF in the UltraSignup app (to avoid search and rescue).
- ★ Monitor racer progress during the race and maintain communications (via phone, email or text/chat) with the other timing stations.



Questions

Please contact Race Director Dean Johnson with timing questions or concerns.