



## 2023 Lost Soul Ultra Volunteer Handbook

Thank you for volunteering for the 23rd 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 and finish at Softball Valley (Peenaquim Park):

- **100 mile** - Friday, September 8, 2023 at 8:00 am
- **100 kilometer** - Friday, September 8, 2023 at 8:30 am
- **50 kilometer** - Saturday, September 9, 2023 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 (Jake Cameron, Shawn Pinder, Pat Wilson, Dean Johnson, Fred Baskerville, Jess Hayward).

### 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!



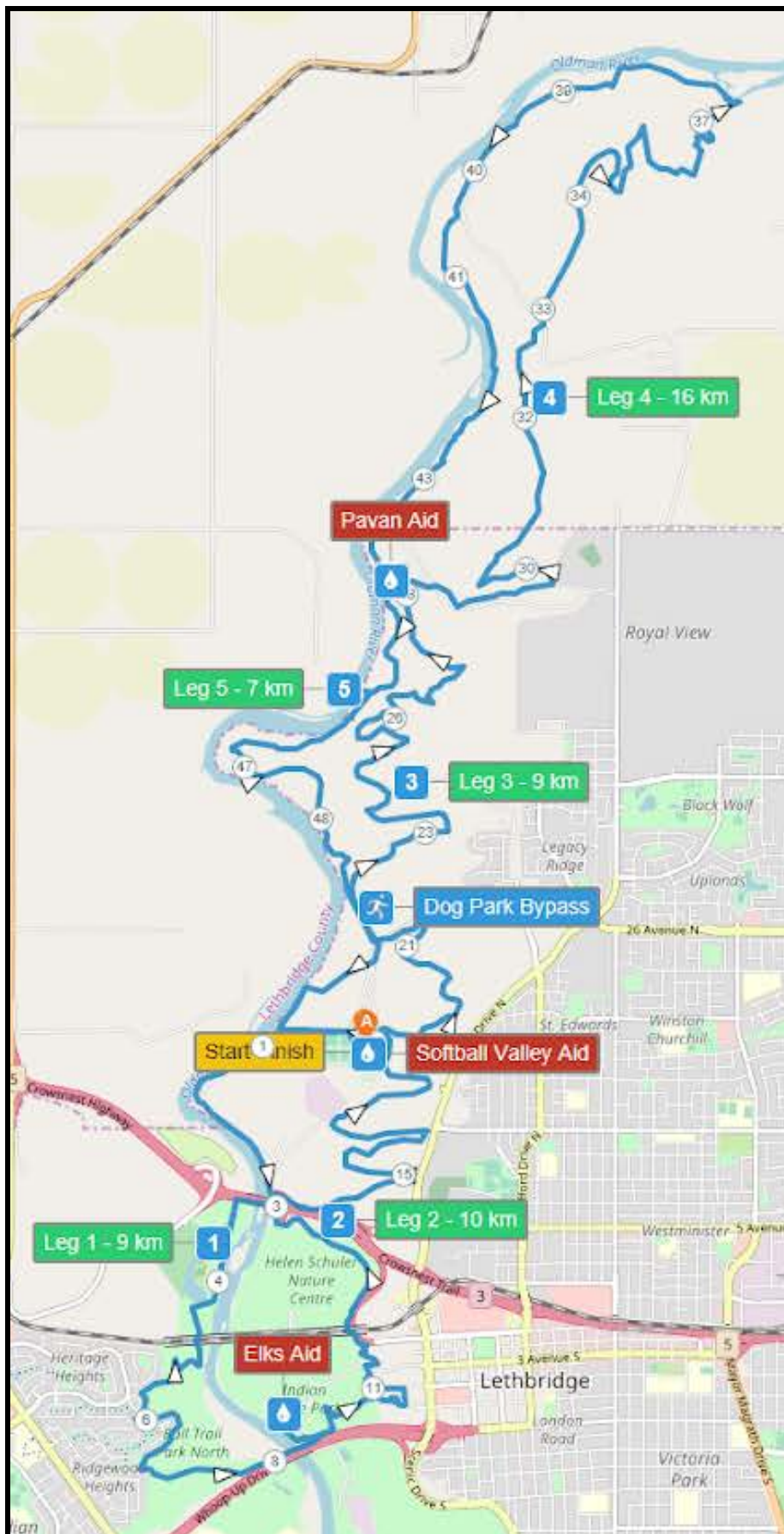
## Race Course

Our race course is a 51 km lap with approximately 1,100 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 lap. In the 51 km lap there is 36 km of single track, 2 km of pavement, 5 km of gravel road and 8 km of shale path.

The race course is divided into 5 legs which correspond with check-in points at the three Aid Stations: Softball Valley (SV), Elks (Elks) and Pavan (PV)

Leg	Description	Distance
Leg 1: SV to Elks	South along river and over to west Lethbridge using Highway 3 bridge. Shale pathways south, Whoop Up bridge east across the river and then to Elks	9 km
Leg 2: Elks to SV	North hills to Softball Valley, enter at north east edge (start of gun range hill)	10 km
Leg 3: SV to PV	Exit north east up to gun range hill, north hills to Pavan including Ryan's Hill	9 km
Leg 4: PV to PV	North loop through private land, back to Pavan. There is an unmanned water station on this leg.	16 km
Leg 5: PV to SV	Exit Pavan at north gate. South along river to Softball Valley, enter between ball diamonds	7 km
Total Lap		51 km

- ★ The 100 mile race consists of a start loop of 8.5 km (south along river to Highway 3 bridge and then return back through Tollestrup hills to Softball Valley) and then 3 laps 161.5 km
- ★ The 100 km race consists of 2 laps 102 km
- ★ The 50 km race consists of 1 lap 51 km



## Schedule of Events

Friday, September 8, 2023	
7:00 - 8:30 am	100 mile/100 km racers take their drop bags to Softball Valley: <ul style="list-style-type: none"> <li>- Place Softball Valley drop bag in designated area</li> <li>- Place Pavan drop bag in designated area for delivery to Pavan</li> </ul>
8:00 am	<b>100 mile Race Start</b>
8:30 am	<b>100 km Race Start</b>
Saturday, September 9, 2023	
5:30 am	<b>100 km Race Cutoff (21 hours)</b> <ul style="list-style-type: none"> <li>- End of race timing - 100 km racers must check-in/DNF at next Aid Station</li> </ul>
6:00 - 7:00 am	50 km racers take their drop bags to Softball Valley: <ul style="list-style-type: none"> <li>- Place Softball Valley drop bag in designated area</li> <li>- Place Pavan drop bag in designated area for delivery to Pavan</li> </ul>
6:00 am	100 km drop bags available for pickup at Softball Valley
7:00 am	<b>50 km Race Start</b>
5:00 pm	<b>100 Mile Race Cutoff (33 hours)</b> <ul style="list-style-type: none"> <li>- End of race timing - 100 mile racers must check-in/DNF at next Aid Station</li> </ul>
6:00 pm	<b>50 Km Race Cutoff (11 hours)</b> <ul style="list-style-type: none"> <li>- End of race timing - 50 km racers must check-in/DNF at next Aid Station (Limited services available after 5:00 pm)</li> <li>- All drop bags available for pickup at Softball Valley</li> </ul>
Sunday, September 10, 2023	
9:00 am	Breakfast at Sandman Signature Lethbridge Lodge (for racers and their guests)

## General Information

### Course Records

Race	Men	Women
<b>200 km</b>	29:36 Patrick Humenny (2019) Kimberley, BC	34:54 Anna Duda (2019) Delburne, AB
<b>100 mile</b>	19:05 Dave Proctor (2021) Black Diamond, AB	22:06 Chelsey Topping (2018) Lethbridge, AB
<b>100 km</b>	10:07 Stefan Schreiber (2019) Edmonton, AB	10:59 Svenja Espenhahn (2019) Calgary, AB
<b>50 km</b>	3:48 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		<b>100M</b> (20/50 = 40.0%) <b>100K</b> (53/73 = 72.6%) <b>50K Fri</b> (31/39 = 79.5%) <b>50K Sat</b> (75/78 = 96.0%) <b>Overall</b> (179/240 = 74.6%)
Sept 6-7, 2013	25.6 C	15.8 C	1.2 mm	18.2 C	0.4 mm		<b>100M</b> (29/44 = 65.9%) <b>100K</b> (69/91 = 75.8%) <b>50K</b> (105/110 = 95.4%) <b>Overall</b> (203/245 = 82.9%)
Sept 5-6, 2014	22.5 C	3.1 C	0	25.3 C	0		<b>100M</b> (20/44 = 45.4%) <b>100K</b> (71/102 = 69.6%) <b>50K</b> (137/156 = 87.8%) <b>Overall</b> (228/302 = 75.5%)
Sept 11-12, 2015	28.1 C	11.8 C	0	31.6 C	0.7 mm		<b>100M</b> (25/56 = 44.6%) <b>100K</b> (94/124 = 75.8%) <b>50K</b> (109/136 = 80.1%) <b>Overall</b> (228/316 = 72.2%)
Sept 9-10, 2016	21.2 C	7.3 C	1.4 mm	23.6 C	0		<b>100M</b> (38/57 = 66.7%) <b>100K</b> (113/136 = 83.1%) <b>50K</b> (127/132 = 96.2%) <b>Overall</b> (278/325 = 85.6%)
Sept 8-9, 2017	34.3 C	10.3 C	0	31.7 C	0	Smoky - AQHI 10+	<b>100M</b> (19/57 = 33.3%) <b>100K</b> (49/110 = 44.5%) <b>50K</b> (102/131 = 77.9%) <b>Overall</b> (170/298 = 57.0%)
Sept 7-8, 2018	31.1 C	9.8 C	0	26.6 C	0	Smoky - AQHI 4 - 6	<b>100M</b> (22/51 = 43.1%) <b>100K</b> (87/141 = 61.7%) <b>50K</b> (122/142 = 85.9%) <b>Overall</b> (231/334 = 69.2%)

<b>Sept. 6-7, 2019</b>	22.0 C	7.3 C	0.4 mm	23.8 C	0	<b>200K</b> (8/23 = 34.8%) <b>100M</b> (25/40 = 62.5%) <b>100K</b> (95/111 = 85.6%) <b>50K</b> (137/151 = 90.7%) <b>Overall</b> (265/325 = 81.5%)
<b>Sept. 10-11, 2021</b> (*modified course Sept. 11)	18.2 C	7.7 C	0	17.2 C	16.4 mm	<b>100M</b> (16/25 = 64%) <b>100K</b> (102/127 = 80.3%) <b>50K</b> (129/130 = 99.2%) <b>Overall</b> (247/282 = 87.6%)
<b>Sept. 9 - 10, 2022</b>	16.4 C	4.0 C	5.7 mm	25.4 C	0	<b>100M</b> (20/50 = 40%) <b>100K</b> (79/106 = 74.5%) <b>50K</b> (110/125 = 88%) <b>Overall</b> (209/281 = 74.4%)

## Cutoff Times

### NEW!

Time	100 Mile	100 Km	50 Km
<b>6:30 pm Friday</b>		SV - Cutoff to start Lap 2 (10 hours)	
<b>8:00 pm Friday</b>	SV - Cutoff to start Lap 2 (12 hours)		
<b>1:00 am Friday</b>		Pavan - Cutoff to start Leg 4 (northbound)	
<b>5:30 am Saturday</b>		<b>100 Km Race Finish (21 hours)</b>	
<b>7:00 am Saturday</b>	SV - Cutoff to start Lap 3 (23 hours)		
<b>1:00 pm Saturday</b>	Pavan - Cutoff to start Leg 4 (northbound)		Pavan - Cutoff to start Leg 4 (northbound)
<b>4:00 pm Saturday</b>	Pavan - Cutoff to start Leg 5 (southbound finish leg)		
<b>5:00 pm Saturday</b>	<b>100 Mile Race Finish (33 hours)</b>		Pavan - Cutoff to start Leg 5 (southbound) *Only water and limited snacks available after 4:00 pm
<b>6:00 pm Saturday</b>			<b>50 Km Race Finish (11 hours)</b> *Only water and limited snacks available after 5:00 pm

- ★ After After 50 km leg cutoff times, course deflagging with course sweeps will begin.
- ★ 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.LAstonetworks@gmail.com](mailto:rino.LAstonetworks@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!




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

Photo Credits: Ralph Arnold Photography



## Aid Stations

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

### Softball Valley (SV) - Race Start/Finish

To drive to the Softball Valley Aid Station (Start/Finish):

- ★ Drive north on Scenic Drive North.
- ★ Follow the signs to Softball Valley (left turn after 9 Avenue N. lights).
- ★ Northbound runners can also be seen at Peenaquim Off Leash Dog Park (1 mile north of ball diamonds).
- ★ There are lots of parking spots available in the Softball Valley parking lot.

### Elks Community Recreation Area (Elks)

To drive to the Elks Aid Station from SV Aid Station (~ 8 min):

- ★ Turn right on Scenic Drive North.
- ★ Turn right on 3rd Avenue South and continue past Fort Whoop-Up
- ★ Follow signs to Elks Community Recreation Area.
- ★ There is limited parking in the parking lot next to the Elks Community Recreation Area.

### Pavan (PV)

To drive to the Pavan Aid Station from Softball Valley Aid Station (~11 min):

- ★ 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.
- ★ There are 2 parking lots on the left hand side at Pavan Park.

## 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 Dean Johnson 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 Friday and Saturday morning to 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 Dean Johnson, Pat Wilson or Jess Haywrd with course flagging/deflagging questions or concerns.



# Softball Valley Assembly/Disassembly Volunteers

## Description

Softball Valley assembly volunteers help set up the SV Aid Station on Thursday.

Softball Valley disassembly volunteers help tear down and clean up the AV Aid Station on Saturday after the race.

## Responsibilities

Trailer moving volunteers require a truck with a hitch to:

- ★ Pickup, park and return the Lost Soul Ultra cargo trailer #1.
- ★ Pickup, park and return the Lost Soul Ultra cargo trailer #2.
- ★ Pickup, park and return the Lost Soul Ultra flat deck trailer (finish line trestle).
- ★ Pickup, park and return the Lost Soul Ultra recreational trailer (used for timing).
- ★ Pickup, park and return the black post trailer.
- ★ Pickup, park and return any additional trailers.

SV Aid Station assembly volunteers setup:

- ★ Tents.
- ★ Fencing (gates and cones).
- ★ Generator (with power cords).
- ★ BBQ (including propane bottles).
- ★ Freezer.
- ★ Tables and chairs.
- ★ SV 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).

SV disassembly volunteers assist with:

- ★ Tent disassembly.
- ★ Return gates and cones to specified trailers.
- ★ Roll and return power cords to specified trailer.
- ★ 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 to storage location.
- ★ Return 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 Softball Valley 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.

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

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 SV and load Pavan drop bags into trailer/truck (volunteers may 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 SV if placed in the "Return Early" bin.
- ★ Return all 100 km drop bags from Pavan Aid Station to SV by 6:00 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 racers 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!)
- ★ 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 1 - 5.
- 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 5 (PV to SV).

### Responsibilities

Aid Station timing volunteers:

- ★ Record the time when a racer checks-in at an Aid Station (Elks, 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](http://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.