

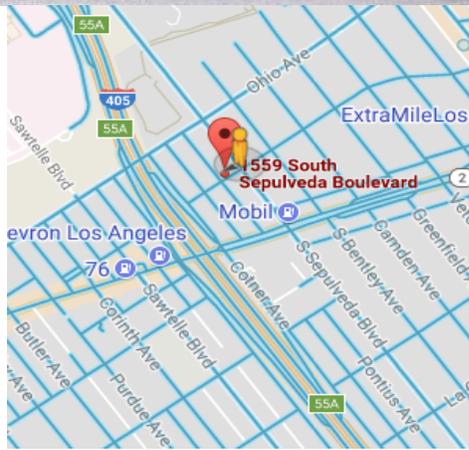


**2019 LOS ANGELES MARATHON (LAM)
PASADENA PACERS CHEER STATION at Mile 20
Sunday, March 24, 2019
1559 S. Sepulveda Blvd., Los Angeles, CA 90025
5:00 AM - 2 PM**

Thank you for volunteering! Your time, talents, and support of fellow runners is greatly appreciated. Thank you for demonstrating why the *PASADENA PACERS* is the best free running club in southern California.

2019 LOCATION

The Cheer Station will be located at **1559 S. Sepulveda Blvd, Los Angeles, CA 90025** (near the corner of *Massachusetts Avenue, a block away from Santa Monica Blvd.*) arrive before 5 a.m. if you are part of the set-up crew. All other volunteers arrive by 7 a.m. or as indicated in your scheduled task.



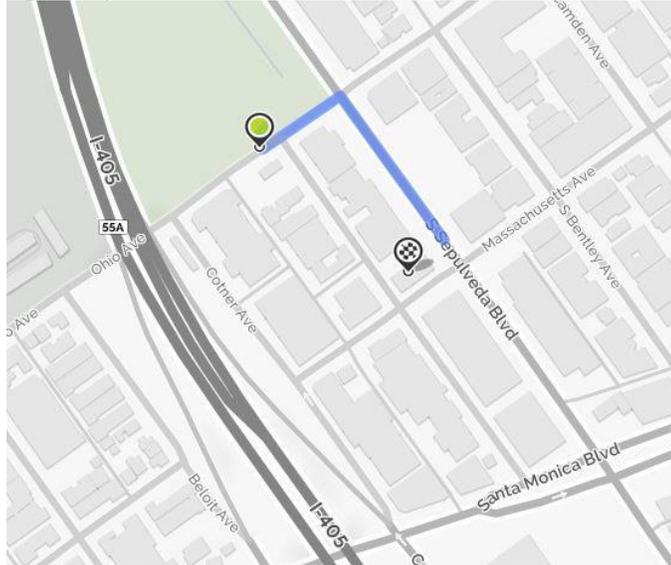
DRIVING DIRECTIONS

Please anticipate traffic due to street closures that will begin as early as the night before race day. **FROM PASADENA take the 110 SOUTH, to the 10 West, to the 405 North, and take Exit 55 A - Santa Monica Blvd.**

PARKING

If arriving before 5 AM for early set-up, you may be able to access the **Bad News Bears Field parking lot, 11173 Ohio Avenue, Los Angeles, CA 90025**, that we've used in the past off of Cotner Avenue. The map below shows walking directions from the Bad News Bears Field parking lot (green dot) to the 20 Mile Pacer Cheer Tent Location on Sepulveda Blvd.

If arriving after 5 AM, street parking is suggested. Please read signs carefully and pay attention to parking signs to avoid a parking citation.



EMERGENCY CONTACTS FOR VOLUNTEERS:

Cristina Diaz – 626-484-3713 OR Carol Rader-Meislin – 973-865-4348

WHAT TO WEAR

- **red Pacer** gear (shirt/singlet, shorts, hoorag, jacket etc.)
- running shoes
- a visor/cap/hat
- * sunscreen
- * chapstick or vaseline

WHAT TO BRING

- donation/volunteer item
- a bottle of water to stay hydrated
- personal snacks/treats/drinks
- a folding chair
- a fully charged mobile phone and an external charger
- a camera to capture those priceless moments
- a change of clothes if you glisten excessively or if it rains

There will be some refreshments, however, if you have food restrictions/allergies or are very selective, please bring your own food.

SPREAD THE PACER CHEER & SMILE FOR THE RUNNERS & CAMERA!!!

Start Time	Build Time	Welcome & Prep	First Runner Arrival	Tear-Down Time
4:30 AM	5:00 - 7:00 AM	7:30 - 8:30 AM	9:00AM-2:00PM	1:00 - 2:00 PM*
SET UP CREW	VOLUNTEERS	VOLUNTEERS	VOLUNTEERS	CLEAN-UP CREW
<p><u>TASKS:</u></p> <p>Unload tables, tents, coolers, and set up per diagram.</p> <p>Tent 1/Pacer = FOOD</p> <p>Tent 2/DHRC = FOOD</p> <p>Tent 3/Pacer = DRINKS</p> <p>Tent 4/RWU = Drops Bags & Folding Chairs</p> <p>Tent 5/White = MEDICAL</p> <p>Tent 6/Pacer = volunteer coffee, food, chairs Storage of extra items</p> <p>*Provide Coffee *Donuts *Breakfast Burritos</p>	<p>Bring additional items from truck tables, coolers, dry ice, heaters, bulky items, and folding chairs</p> <p><u>TASKS:</u></p> <p>* Place red tape on floor to designate stand behind the red line and cheer</p> <p>* Place red tape on floor designating where to come into the tent</p> <p>* Place green tape on floor designating photo moment, keep area clear</p> <p>* Use big chalk to decorate the floor with positive messages; We heart Pacers, Smile, Run, Pacers, Run! You've got this!</p> <p>* Set-up trash cans * Place trash bags in trash cans * Place trash cans in designated spots</p>	<p>Michael Ramos will train Flag Runners, stretch and warm-up along the course. The pick-up spot will be marked to meet runners all Pacer Nation chapters, Run With Us, Dog Haus RC, STRIDE, etc. Maintain the runner's pace. A sherpa will run ahead to prepare items based on inquiry;</p> <p>A.What drink do you want? B.Do you want a sweet or salty food item? C.Then offer the variety based on response.</p> <p><u>TASKS:</u></p> <p>* Cut fruit * Fill up cups with - Gatorade (mix) - Orange Juice - Water * Fill up cups with - Orange slices - Pretzels - Peanut butter filled pretzels - Bagels - Potato chips - Pickles - Other items * Arrange coolers by tent as needed</p>	<p>Cheer station volunteers to provide support, water, food to Pacers and cheer for all runners.</p> <p><u>TASKS:</u></p> <p>* Sweep/rake area for safety * Replenish cups with drink and food * Provide fuel and drinks to runners * Assess runner medical needs and take to tent if needed, i.e. Kool 'n Fit, KT tape, band-aid, etc. * Provide drop bag if needed * Offer sunscreen * Offer Vaseline * Offer sweet or salty food * Offer popsicle * Help yourself to lunch as needed * Stay hydrated!</p>	<p>Clean-up, pack remaining non perishable food, runner's drop bags.</p> <p>Clean-up when last Pacer crosses the tent or if cleaning crew comes through.</p> <p>Pick-up/toss trash. Gather trash bags in central location for cleaning crew to take.</p> <p>Load up tables, tents, coolers in trucks. Drive tents, tables to _____</p>

EMERGENCY CONTACTS FOR RUNNERS/BUS RIDERS:

You got this!

In case of urgent need, call Pasadena Pacer Krista M @ [310-463-3415](tel:310-463-3415) or Michael R @ [323-535-9256](tel:323-535-9256)

In case of emergency, call 911.

Smile at the finish!