

Phantom Volunteers

Time	Job	Name	Location
	Race Director	Heather	
Package Pickup			
4 pm NSA Thursday	Package Pickup/Reg	Heather, Lara	North Shore Athletics 1200 Lonsdale
6-8 pm NSA Thursday	Vollie Briefing/pizza NSA	Lara	North Shore Athletics 1200 Lonsdale
Food Preparation			
Friday	Corn bread	Cathy	Home, coordinate delivery to LSCR
Friday	Soup prep	Rosie	Home, coordinate delivery to LSCR
Course Marking			
Friday	Course Marking with flagging	Tom Craik and Lara	12 km route with flagging
Friday	Course Marking with signage	Mike and Sylvie	Second 12 km of 24 km route and the extra section of 19 km route
Set-up			
7:30 Sat	Setup Start/Finish	Scottie and Spencer	LSCR near Learning Lodge
7:30 Sat	Setup Start/Finish	Don, Heather, Lara	LSCR near Learning Lodge
7:30 Sat	Setup Start/Finish		LSCR near Learning Lodge
Registration/ Package Pickup			
7:30 am Sat	Registration (staggered start)	Linda Henderson	LSCR
7:30 am Sat	Registration (staggered start)	Colleen Little	LSCR
7:30-10 am Sat	Package pickup/Sign-In (staggered start)	Lielle Soxman	LSCR
7:30-10 am Sat	Package pickup/Sign-In (staggered start)	Brooke Spence	LSCR
7:30-10 am Sat	Package pickup/Sign-In (staggered start)	Cindy Frewin	LSCR
Timers			
9:30	Finish Line Timers	Chris Price	LSCR
9:30	Finish Line Timers	Andrew Wong	LSCR
9:30	Finish Line Timers	Judy Kindrchuk	LSCR
Marshalls			
8-10:15 (just B4 starts)	Marshall Rice Lake (start of 19 and 24 km)	Shelby Watson	Rice Lake first gate closest to Learning Lodge. (After 10 o'clock group passes by, remove lake flagging but not connector flagging.)
8-10:15 (just B4 starts)	Marshall Rice Lake (start of 19/24 km routes)	Stacey Gosselin	Rice Lake second gate, direct them back to Learning Lodge. (After 10 o'clock group passes by, remove lake flagging but not connector flagging.)
8-10:15 (just B4 starts)	Marshall Suspension Bridge Trail	Nicole Yuen	At Suspension Bridge trailhead just past gazebo LSCR
8:00-10:15 (watch for sweep)	Marshall Suspension Bridge Trail		At bottom of hill, at post, at turnout to bridge, direct runners down onto Baden-Powell, toward Twin Falls
8:30-10:30 (sweep)	Marshall Baden-Powell turnout	Donna Mazurkewich	Baden-Powell trail turnout toward Lillooet Road (0.5 km marker) up switchback after swamp, direct runners toward Lillooet Road
8:30-11:00 (sweep)	Traffic Marshall Lillooet Road	Gottfried Grosser	Lillooet Road at Baden-Powell
8:45	Marshall at Fisherman's at Baden-Powell post	David Webb	Just past Riverside, at Baden-Powell and Fisherman's junction, direct runners along Fisherman's to Bridle Path.
8:45	Marshall at Fisherman's bottom of Bridle Path trail	Kirsten Ramage	Fisherman's, direct runners up Bridle Path switchback. You can access from Hyannis Drive.
9:00	Marshall at top of Bridle Path trail	Kim Steed	Direct runners toward Powerline.
9:00	Marshall at Powerline	Colin Freeland	Powerline just past Mystery Creek bridge, direct runners into bottom of Ned's Atomic Dust Bin
9:00	Marshall at entrance to Bottle Top		
9:00	Marshall at Fisherman's at btm of Bottle Top	Sean Lavin	Fisherman's at bottom of Bottle Top, closest trail to the bridge, direct runners to cross Twin Bridge and continue along Fisherman's
9:00	Marshall at Fisherman's (Twin Bridge)	Don	Fisherman's just across Twin Bridge, direct runners along Fisherman's toward Homestead (they will go past Homestead to Circuit 8).
9:15	Marshall at Circuit 8 bottom	Laura Woodward	Fisherman's trail turnout to Circuit 8 (about 1 km along past Homestead gate), direct runners UP Circuit 8
9:15	Marshall at Circuit 8 extra loop	Colleen McCain	
9:15	Marshall at Circuit 8 left turn	Judy Sullivan	Bermuda triangle of Circuit 8
9:15	Traffic Marshall at Circuit 8 on road (Ghostbuster)	Aila Morris	Old LSCR road, construction vehicles go by, direct runners across road

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9:30	Marshall at Trailway Road	Beverly O'Neil Grace Chow	On new LSCR road, at Circuit 8 post, direct runners along road back to Learning Lodge
9:30	Marshall at Finish Line	Jennifer Beever	Direct runners who have done first 12 km loop. Direct 12 km to finish, 19 and 24 km go to Varley.
9:30	Marshall pipeline bridge		Direct runners onto Varley trail
9:45	Marshall Varley Trailhead	Clive Boness	Lynn Headwaters, at parking lot, direct runners across bridge to NSA aid stn
9:45	Marshall Lynn Headwaters/ Cedar Mills	John Dove	Where 19 km and 24 km routes diverge
10:00	Marshall Third Debris Chute	Carsten Ivany	Lynn Loop, along Cedars Mill to Third Debris Chute. At post, direct runners back toward Lynn Loop on Headwaters Trail
11:00	Marshall Headwaters Connector	Paige Morrow	T-junction on Lynn Headwaters Connector at bottom of Lynn Loop (big sign there) not far from headwaters aid station, direct runners toward finish
10:00	Kiddie run organizer	Nicole Yuen	Walk short way along road into demo forest and find wide trail on your right. Start race on trail.
Aid Stations			
8:30-11:30 (sweep)	Aid Station Riverside Drive	David Gibbs & son Christopher Lister	Riverside Drive at Baden-Powell on trail (can drive up only to drop off)
9:15	Aid Stn at Finish Line	The Bentleys	Set up aid for runners doing 19/24 km
9:00	Aid Station Lynn Headwaters	North Shore Athletics (Peter and Nicola)	At hiker sign-in board area, north of bridge, direct runners along Lynn Loop trail beside Lynn Creek
Sweeps			
10:00-13:00 pm	Sweep 12 km	Craig Moore	LSCR start
10:30 approx (when last 19 or 24 km runner passes by)	2 Sweeps from LSCR to Third Debris Chute and return, and also Lynn Loop	Rick Arikado	Contact sweep for short Lynn Loop to make sure all runners through the loop.