

# Fourth of July Run 2019

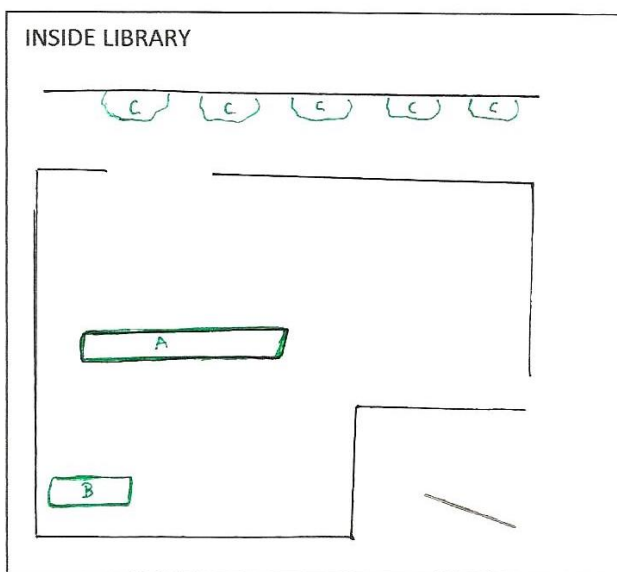
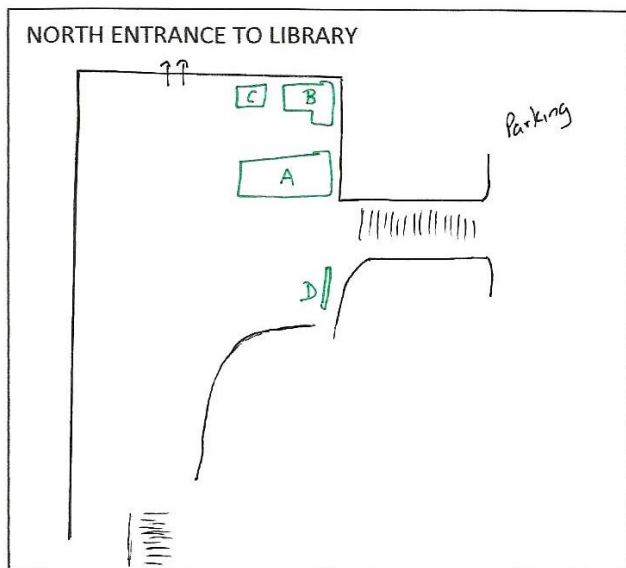
(revision III, 29 June 2019)

## July 3<sup>rd</sup> (Wednesday) in Ashland needs

Ashland – Reed Pryor, hours tba? Phoenix – Karli Farrimond, all day  
Ellis Pryor, hours tba? Jasper Cortell, all day  
Lucy Newell, all day  
Celine Farrimond, all day  
Diane Green, 10a-2p  
x

Josh / EnMotive arrives: 9:00a?  
Official open-doors: 10:00a – 5:00p

**Be there by 9:40a,  
Unless working in shifts**



- A – Table to receive the line of people there to pick up pre-registered number
- B – Boxes of reserved t-shirts
- C – Box of extra t-shirts. If anyone wants to switch their shirt for a different size, it MUST come from this box of extras. If this box is empty, then NO size changes
- C – Map of course

- A – Computers to input new registrations
- B – Anyone insistent in paying with cash or a check? Send them to this table.
- C – Organized piles of materials which will be needed the next morning, set up by water station

**NOTE: Inside Library setup will change for 2019**

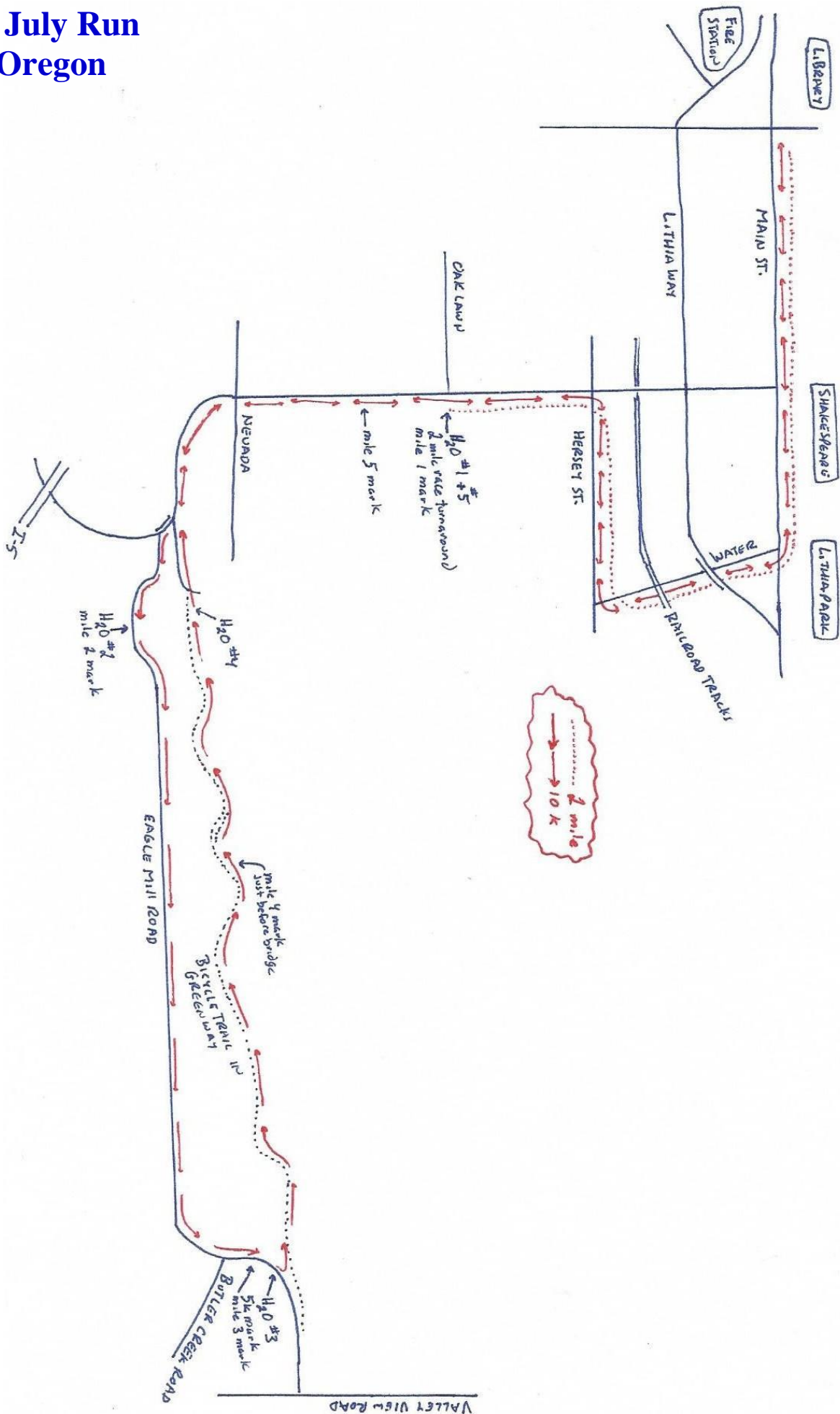
## Fourth of July Run 2019 – July 4<sup>th</sup> (Thursday)

[See the following pages](#)

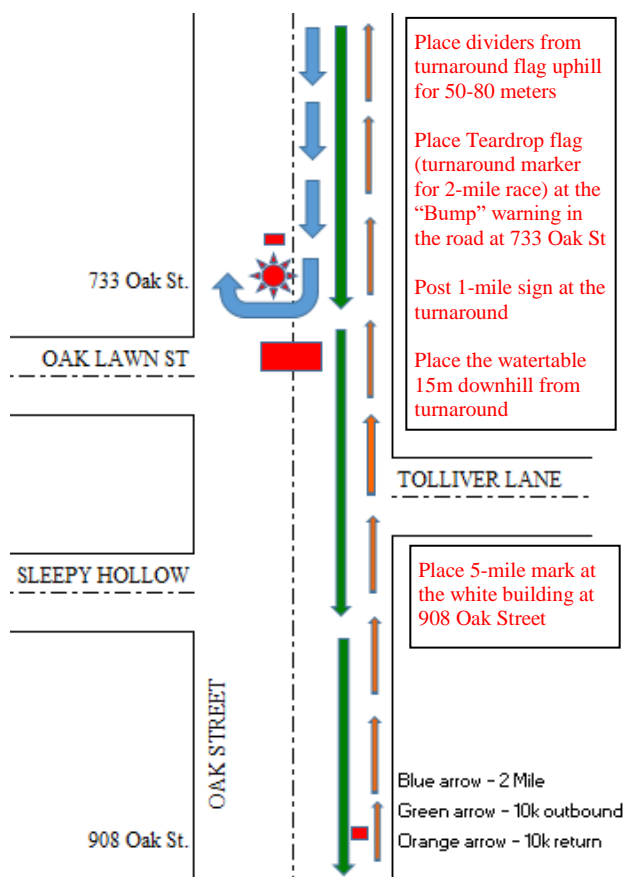
### Questions on anything?

Contact John Cornet (Race Director) at  
[CoachCornet@Hotmail.Com](mailto:CoachCornet@Hotmail.Com) or 541-535-5232  
[John.Cornet@Phoenix.K12.Or.Us](mailto:John.Cornet@Phoenix.K12.Or.Us)

# Fourth of July Run Ashland, Oregon



## Water Stations 1 and 5 (Coordinator: *Jasper Cortell*)



Supplies needed (Station 1): Large container of water x3  
8 oz Cups x650  
Garbage bag x2  
Table x1  
Colored Duct Tape (2 colors)

The road will close at 7:30a. Prior to this, set everything up on the side, and at 7:30a carefully move it out into the road

Some orange safety vests (*other volunteers may ask you for them as they arrive for their assignment*)

Supplies needed (Station 5): Large container of water x2  
8 oz Cups x350 (plus any surplus from station 1)  
Garbage bag x1  
Table x1 (reuse Station 1 table)

Additional supplies needed: Mile markers nr.1 and nr.5  
Teardrop flag, with sandbag to weigh down base  
Flagging OR orange cones OR duct tape

Procedure . . .

1. Set up mile markers, teardrop flag for turnaround, and tables as seen on the map
2. Fill up cups three-quarters full; set as many as possible on the table.
3. As runners pass, step out and hand them the water.
4. Refill new cups as needed (do not re-use used/discarded cups)
5. Once all runners pass, collect garbage and load up everything for return
6. Station 1 only: put out dividers (or cones or flagging) and use Duct Tape to indicate where runners should run
7. Put Display Clock at one-mile mark

Also . . .

1. Call ahead to the next Water Station (**Noah, number tba**) to tell them when the first runner has passed your station; also identify for them who the last few racers are (number, color clothing, something identifiable).

Note: **Once most of the runners have all passed, leave 2-3 people to clean up, and the rest need to jog quickly the half-mile to Station 4 to assist there.**

## Water Station 2 (Coordinator: *Noah Marshall*)

Supplies needed (Station 2): Large container of water x2  
8 oz Cups x350  
Garbage bag x1  
Table x1

Additional supplies needed: Mile marker nr.2

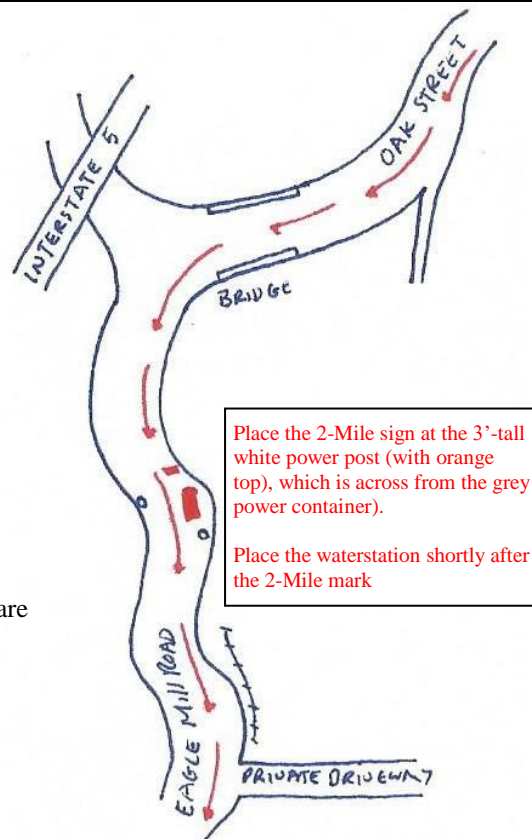
The road will close at 7:30a. Prior to this, set everything up on the side, and at 7:30a carefully move it out into the road

Procedure . . .

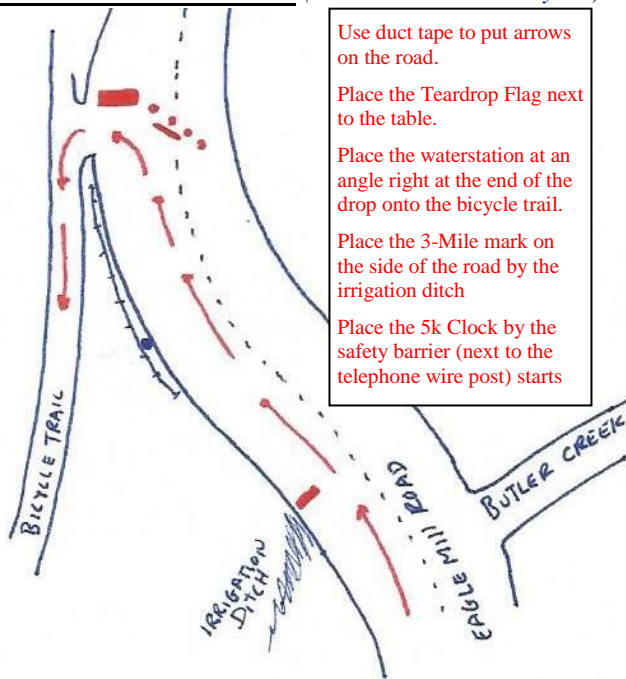
1. Set up mile markers and tables as seen on the map
2. Fill up cups three-quarters full; set as many as possible on the table.
3. As runners pass, step out and hand them the water.
4. Refill new cups as needed (do not reuse used/discarded cups)
5. Once all runners pass, collect garbage and load up everything for return

Also . . .

1. Call ahead to the next Water Station (**Karl? 541-499-7926**) to tell them when the first runner has passed your station; also identify for them who the last few racers are (number, color clothing, something identifiable).
2. When done, inform the uniformed officer that your station is cleaned up.



## Water Station 3 (Coordinator: [Karl Pryor?](#))



Supplies needed (Station 3): Large container of water x2  
8 oz Cups x350  
Garbage bag x1  
Table x1, Broom x1-2

Some orange safety vests (*other volunteers may ask you for them as they arrive for their assignment*)

Additional supplies needed: Mile marker nr.3

Large cone and turnaround sign

Large display clock for 5k mark

Teardrop flag, with sandbag to weigh down base.

Posts to hang flagging x6, and flagging

The road will close at 7:30a. Prior to this, set everything up on the bicycle path, and at 7:30a carefully move it out into the road

Procedure . . .

1. Set up mile markers, teardrop flag and tables as seen on the map
2. Using the broom, sweep a running zone where the runners transition for the road to the bicycle trail.
3. Fill up cups three-quarters full; set as many as possible on the table.
4. As runners pass, step out and hand them the water.
5. Refill new cups as needed (do not reuse used/discarded cups)
6. Once all runners pass, collect garbage and load up everything for return
7. Locate the 5k mark and place running clock there; card table needed.

Also . . .

1. Call ahead to the next Water Station ([Ellis 541-499-7966](#)) to tell them when the first runner has passed your station; also identify for them who the last few racers are (number, color clothing, something identifiable).
2. Once all is cleaned up (and you have confirmation that Station 2 is also cleaned up), inform the uniformed police officer at Eagle Mill Road and South Stage Road that he/she may open the road to through traffic.

## Water Station 4 (Coordinator: [Ellis Pryor](#))

Supplies needed (Station 4): Large container of water x2  
8 oz Cups x350  
Garbage bag x1  
Table x1

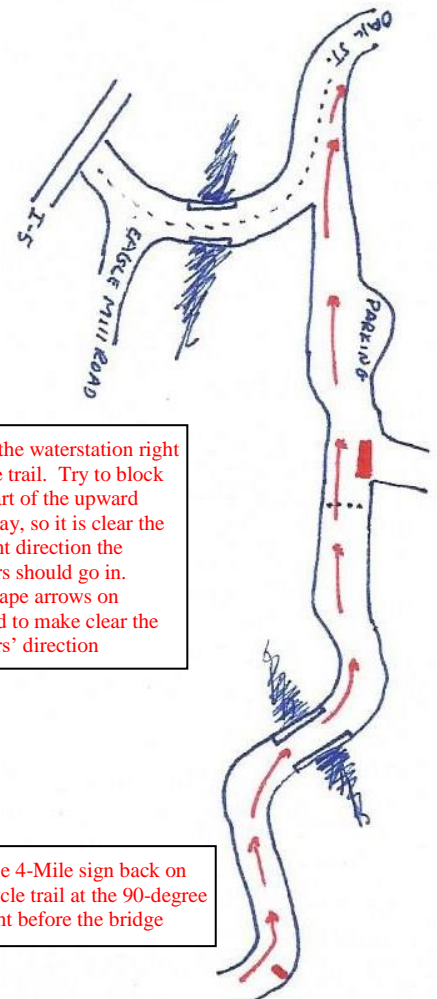
Additional supplies needed: Mile marker nr.4  
Duct tape

Procedure . . .

1. Set up mile markers and tables as seen on the map
2. Fill up cups three-quarters full; set as many as possible on the table.
3. As runners pass, step out and hand them the water.
4. Refill new cups as needed (do not reuse used/discarded cups)
5. Once all runners pass, collect garbage and load up everything for return

Also . . .

1. Call ahead to the next Water Station ([Jasper 541-326-6206](#)) to tell them when the first runner has passed your station; also identify for them who the last few racers are (number, color clothing, something identifiable).



## Volunteer – Eagle Mill and Oak

Supplies needed: **A hand-held double-sided direction sign** (If you come in on Eagle Mill Road, you can get it from Station 3)  
**Orange safety vest** (you may get a vest from a water Station as you arrive)

It is important that we have people to point the runners in the correct direction.

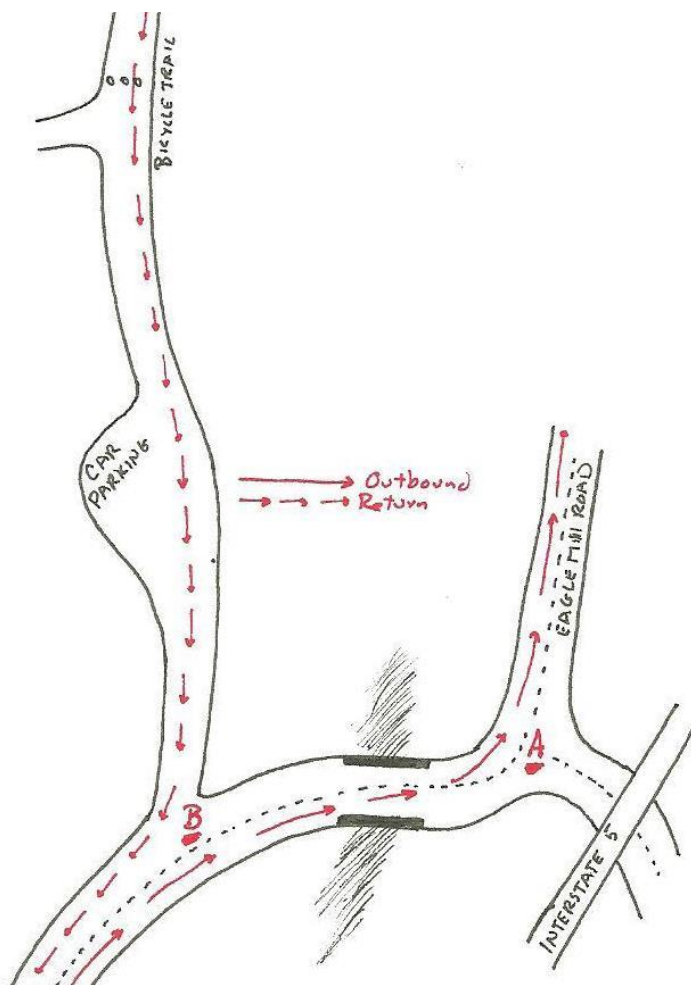
What to do:

Start at point A on the map to the left. As the runners cross the bridge at the bottom of Oak Street, you need to direct them to their right along the length of Eagle Mill Road (DO NOT allow them to go up the hill underneath the freeway; that is the old course).

Once they have all passed, walk the short distance to point B on the map. As the runners come out of the bicycle trail and hit Oak Street, direct them to proceed up Oak Street.

\*Please be aware that your sign is double-sided and has arrows pointing in different directions...be sure the correctly-pointed arrow is what the runners see. Know the course!

There may be a city official or police officer at your spot. That is ok. They are there for safety, but it is YOU who will be directing the runners on the correct route to run.



### (A) Volunteer – Oak and Hersey

Supplies needed: **Orange safety vest** (you may get a vest from a water station as you arrive)

Your job is to make sure that the runners go in the correct direction. Know the course, and direct them accordingly. If necessary, slow or stop traffic to protect the runners.

What to do: Stand at the juncture of Oak and Hersey Streets. Direct them as the map indicates.

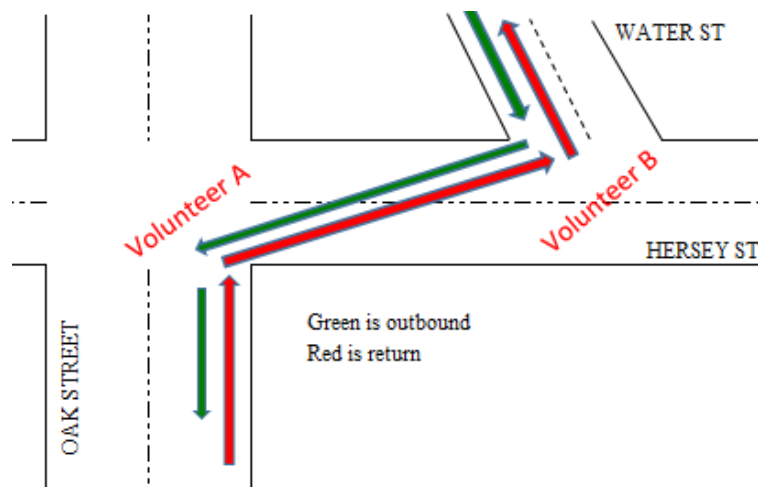
### (B) Volunteer – Hersey and Water

Supplies needed: **Orange safety vest** (you may get a vest from a water station as you arrive)

Your job is to make sure that the runners go in the correct direction. Know the course, and direct them accordingly. If necessary, slow or stop traffic to protect the runners.

What to do: Stand at the juncture of Hersey and Water Streets. Direct them as the map indicates.

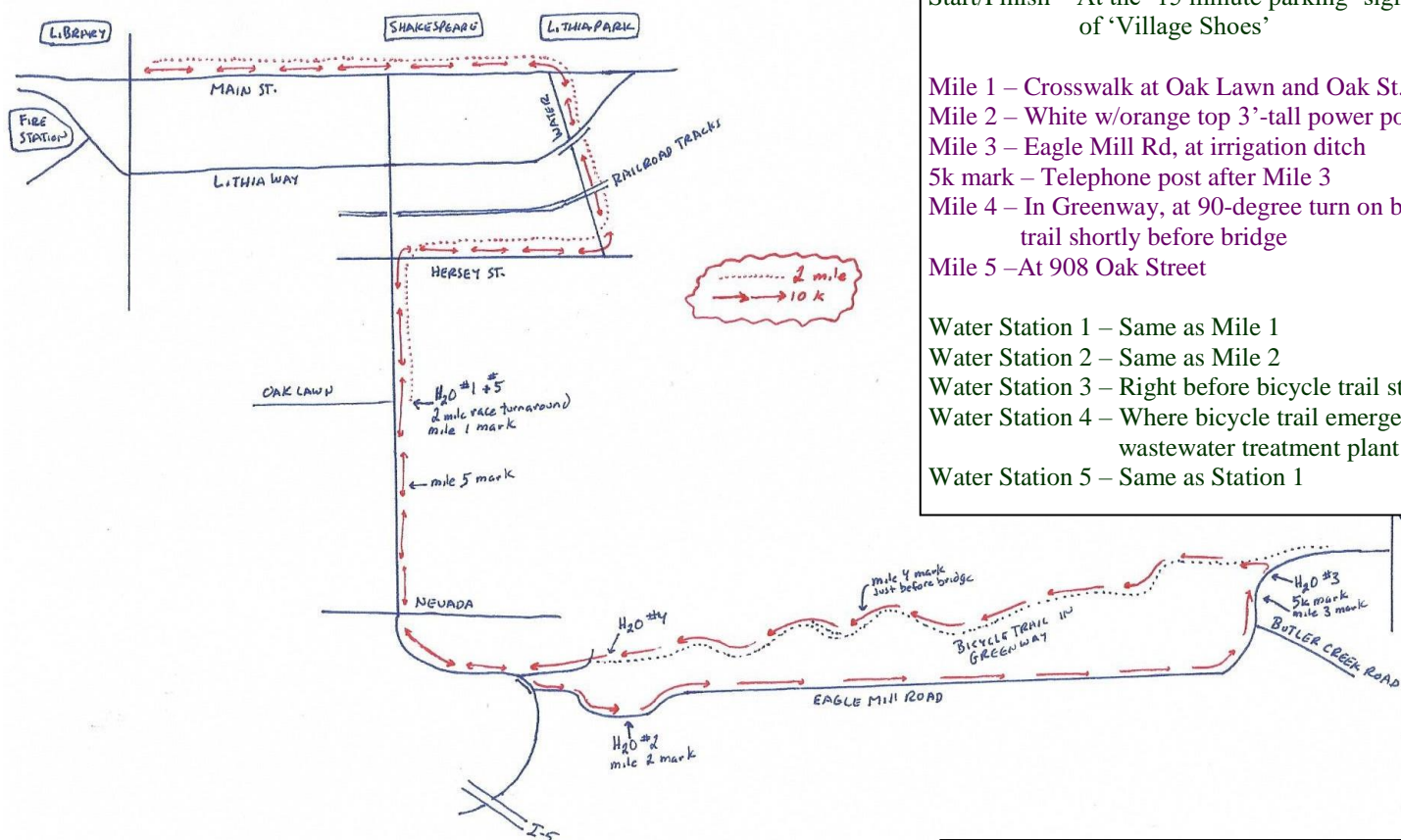
*Ashland Police have authorized you to use your vehicles to block the street to protect the runners (please refer to the map to see where this should take place) if you feel it appropriate and necessary to protect the runners*





# Volunteers – Street Intersections

(specific addresses for water stations 1 and 5 may be off by a few meters)



Start/Finish – At the '15 minute parking' sign in of 'Village Shoes'

Mile 1 – Crosswalk at Oak Lawn and Oak St.  
 Mile 2 – White w/orange top 3'-tall power post  
 Mile 3 – Eagle Mill Rd, at irrigation ditch  
 5k mark – Telephone post after Mile 3  
 Mile 4 – In Greenway, at 90-degree turn on bicycle trail shortly before bridge  
 Mile 5 – At 908 Oak Street

Water Station 1 – Same as Mile 1  
 Water Station 2 – Same as Mile 2  
 Water Station 3 – Right before bicycle trail starts.  
 Water Station 4 – Where bicycle trail emerges near wastewater treatment plant  
 Water Station 5 – Same as Station 1

- 1, Main St at Water St – Jim Heath
- 2, Water St at B St. – \*AshPD/Street Dept.
- 3, Water St at Central Ave – \*AshPD/Street Dept.
- 4, Water St at Van Ness Ave – \*AshPD/Street Dept.
- 5, Water St at Hersey St (see prior page) – \*AshPD, Newell parents
- 6, Oak St. at Hersey (see prior page) – \*AshPD, Bauer parents
- 7, Oak St at Crispin – \*AshPD, Platt parents
- 8, Oak St at Jessica Ln – \*AshPD, Gary Potratz
- 9, Oak St at Oaklawn – \*AshPD, Calhoun parents, Abby Humphreys?
- 10, Oak St at Water Station 1/5 – PHOENIX GIRLS (Coordinator: Jasper)
- 11., Oak St. at Sleepy Hollow – \*AshPD, Humphreys parents
- 12, Oak St. at Oak Meadows – \*AshPD, Seth Clark, Stubbs parents
- 13, Oak St. at Nevada – \*AshPD, Hosking parents
- 14, Oak St at Eagle Mill Rd\* (see prior page) – \*AshPD, Cortell parents

\*Be sure to pick up the sign; be aware that it has differently pointed arrows, so make sure the arrows are pointed in the correct direction. This is a very important spot to direct the runners onto the correct route; they are NOT to go beneath the freeway, rather send them out the length of Eagle Mill Road. Afterwards, you will have time to walk to the next spot (see below)

- 15, Eagle Mill Rd at Water Station 2 – PHOENIX BOYS (Coordinator: Noah)

\*Once most of the runners have passed, a few should stay at the station to clear up and the rest should run the half mile to Station 4 to support there.

- 16, Eagle Mill Road just north of water station – Dave Marshall
- 17, Eagle Mill Rd at south end of residences – Lorna Breitler
- 18, Eagle Mill Rd at Butler Creek Rd – \*AshPD, Troy Forrest
- 19, Eagle Mill Rd at Water Station 3 – ASHLAND (Coordinator: Karl Pryor)
- 20, Eagle Mill Road at Valley View Rd – \*AshPD,
- 21, On the Bicycle Trail\* – Lisa Robin, Cherstin Lyon

\*Carefully go back and forth on the bicycle trail to identify and respond to any medical needs. Please be careful of packs of runners who may be running in your direction. Problems? Call Steve 541-951-1898

- 22, Greenway Trail at Water Station 4 – PHOENIX/ASHLAND (Coordinator: Ellis)
- 23, Oak St where the road from bike trail emerges\* (see prior page) – Cortell parents
- \*Be certain to send the runners up Oak Street!
- 24, W.Nevada at Helman – \*AshPD (with road closed sign)

## Getting there:

Please go where indicated. When you reach a road closure, just tell them that you are an event official. They will let you in. Drive carefully. Please be prompt. We cannot have you arriving late because that runs the risk of your car being on the road when the racers are competing!

Adult Volunteers – **Be at your assigned spot no later than 7:30a.**

Student Volunteers – You may need to be there earlier to set up the water stations. You will be contacted by your station coordinator if so.

## Supplies needed:

We encourage you to wear an orange safety vest, which we will provide so long as supplies last. These may be obtained at either Station 1 (mid-way down Oak Street) or Station 4 (as you come in on Eagle Mill Road). Just ask for it.

## What am I expected to do?

The roads are closed to through traffic, but local traffic may emerge. Stop or slow the cars as you deem it appropriate to protect the runners. And, cheer the runners on!

You may possibly be stationed alongside a police officer or city official. Their responsibility is traffic control; your role is to direct the runners and – if necessary – slow traffic for safety.

*Be familiar with the course so you may correctly direct the runners if they ask where to go.*

Questions? Call John Cornet 541-535-5232

# Which Student-Athletes Should Report To Which Aid Station?

Stations 1 and 5 (Coordinator: Jasper Cortell, 541-326-6206)

ALL Phoenix xc/tf Girls should report to station 1, and Jasper will get you situated.

SiennaB, MakaylaC, JasperC, JazminEA, ClariceM, SavannahL, LucyN, ShelbyP, SophiaS, KylaP, DailaMS, BrissaB, CleaM, AgathaH? Others tba...

**NOTE: *once all the runners have passed the station – with Jasper's approval – 3-4 girls (no more than 4!) from this station need to run down to reinforce station 4. The other girls need to stay to continue to support the 2-Miler's, as well as ready the table for 10k runners on the return. (Shelby? Sophia?, Lucy?)***

Truck driver for Station 1/5 setup: Humphrey truck

Station 2 (Coordinator: Noah Marshall)

ALL Phoenix xc/tf Boys should report to station, and Justin will get you situated

BlakeB, TylerC, ElwoodH, NoahM, DilanM, NathanQ, RomanS, JacksonF, GradyS Others tba...

Truck driver for Station 2 setup: Marshall truck Dave Marshall road safety near the station.

***Once most have passed, we need three people to remain to clean everything up and leave it onto the back of the truck and drive to Station 3, so that station can be cleaned up once all have passed.***

Station 3 (Coordinator: tba...Karl Pryor? 541-499-7926)

ALL Ashland volunteers (unless noted in Station 4) should report to this station

ReedP, FinleyT, RowanR, HaydenF, HenryW, ZachW, VinnyS, JordanK, GraceY, WilliamC, JordanM Others tba...

Truck driver to Station 3 setup: Karl Pryor

***Once everyone has passed, quickly load up everything into the truck, so we can open the road.***

Station 4 (Coordinator: Ellis Pryor, 541-499-7966)

Setup – EllisP, LukeS, AydinT

**NOTE: *your reinforcements will be some Station 1 volunteers, who will run to you once their station is mostly completed.***

Truck driver for Station 4 setup: Karl Pryor

# Volunteers – Start/Finish Area

We need to set up the finish area, so that when other volunteers arrive they can go straight to their position! **Please try to be there by 6:15a.**

You are responsible for getting everything on the roadway setup.

**Please try to have you're your items deposited at the appropriate station for setup by 7:00a;** this gives us plenty of time to get it set up. Ideally, you'll be at the library to get your things by 6:30a, have everything loaded (including filled water coolers) in your trucks by 6:50a, and dropped off at the appropriate place by 7:00a, which gives the kids time to get it all set up.

**Places to fill up water containers:**

- (1) **GO HERE FIRST: Hither**, across from the race starting/finish line and library. There will be a hose on the side of the building.

We need to staff the kiosks to support those who want to register as well as those who want to change their race distance. **Please try to be there by 6:45a**

We need to hand out pre-registered race bib numbers

**Please try to be there by 6:45a**

We need to hand out preordered t-shirts. Located alongside the Pre-Registered Race Numbers station) **Please try to be there by 6:45a**  
We have a 'exchange box'...if someone wants a different size, we can only do it if we have an extra in the exchange box.

Bring the inflatable arch from Rogue Valley Runners and set it up.

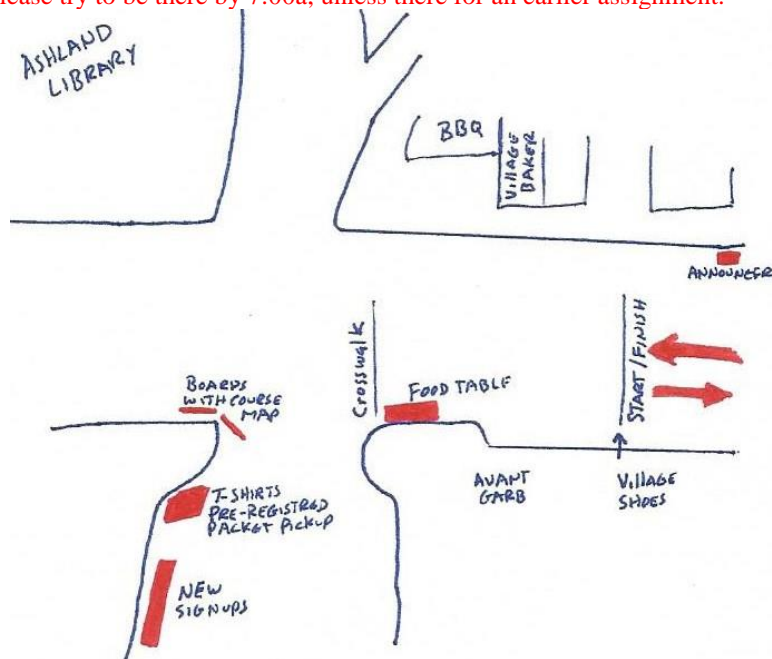
**Please aim to do so about 7:00a**

Cups need to be filled and readied for the start/finish of the event.

**Please try to be there about 6:45a**

The finish line is very important. We will give you an orientation once there as to what each specific role is. In the meantime, this will offer a glimpse of what it will 'look like'.

**Please try to be there by 7:00a, unless there for an earlier assignment.**



Early morning Finish Line set-up crew

John Cornet, Nathan Watt, Barry Peckham, Jonathan Chenjeri

Early morning Water Aid Stations set-up crew

Station 1 – Humphries (truck), Abby, Hailee, Jasper

Station 2 – Marshall (truck), Noah

Station 3 – Pryor (truck), Reed

Station 4 – Pryor (truck), Ellis

Station 5 – same as station 1

**THIS IS A DIFFERENT WATER SOURCE THAN LAST YEAR**

Staff Registration Kiosks

Celine Farrimond, Polly Farrimond?, Sean Grunwald, Julian Richey

*\*Expect a pre-race race-morning crowd!!*

Handout Pre-Registered Race Numbers

Jim Heath, Shayla Potratz, Erin Mahoney

Nathan Watt (be prepared to bounce between registration tables as needed)

Handout Pre-Ordered T-Shirts (stationed with Pre-Registered)

Laurie Stoutenbergh

Set-up Inflatable Arch

Hal Koerner and RVR staff

Food table folks (fill water cups)

Jonathan Chenjeri, Diane Green

Starter

Tyler Davis

Announcers:

Karli Farrimond, Vivian Tauer

Floating Staff (in approach to finish)

John Cornet, Tyler Davis, Barry Peckham (Hans still out of town?)

Finish Line:

Hand out ribbons (10k) – Nathan Watt, Sean Grunwald,

Julian Richey

Hand out ribbons (2mi) – Polly Farrimond?, Celine Farrimond,

Laurie Stoutenbergh

Hand out both types of ribbons as needed!

**\*ONE FINISH LINE**, so you may need to ask them which race they are finishing in order to give them the correct finish ribbon.

Maintain/organize food table (refill and ready water cups mostly)

Diane Green. (Keep eyes on runners who have finished to identify anyone in distress.)

Timing and Results

Josh / EnMotive



**In the event we need to switch to it, the decision will come from the Race Director – as informed by Ashland Police Department – at which point our volunteer staff will have to relocate as quickly as possible to the new location. From the call to relocate, we need to be at the new location setting up within 20 minutes!**

