

### **Murph 5 Mile Race – Volunteers Needed for Trail Crew!!**

**What:** “*The Murph*” is a mixed-terrain, 5 mile race on Bath’s beautiful Whiskeag Trail in memory of Navy Seal, LT Michael P. Murphy. All profits go to supporting: the Michael P. Murphy Scholarship, Big Brothers Big Sisters of Bath/Brunswick, and Fields for Our Future.

**When:** *Saturday, May 6, 2017* – Volunteering starts at: 7:00a.m.

**Requirements:** “*Trail Crew*” – must be able to walk at least 1 to 1.5 miles on mixed-terrain, wooded trail. Must have a charged and functional personal cell phone turned on and with you while volunteering. Children/minors are welcomed to attend if supervised by an adult (18 plus) who is responsible for child(ren).

**Recommended:** Dress appropriately for the weather, comfortable clothing socks and shoes – pay attention to weather forecasts as the race is “rain or shine” and bring rain gear if needed. Also recommended - a water bottle, snacks and a light weight chair if desired, insect repellent is also suggested.

#### **Volunteer Assignments:**

- **New Volunteers will participate in a training – Schedule TBD**– Training will include trail marking and assignment of volunteer posts for the race. Be prepared to hike half of the trail during this training and dress appropriately. Please meet at McMann Field Athletic Complex in Bath and we will car pool to the trail head.
- ***On May 6<sup>th</sup>*** - Volunteers will arrive at McMann Athletic Complex no later than 7:00a.m.
- Race Coordinators will provide a 20 minute training recap, distribute orange safety jackets, first aid kits, marked trail maps and will review and/or assign locations on the trail to each volunteer as-needed.
- Volunteers will car pool with each other to the trail head and will then hike into the location where they are assigned. Trails will be well-marked and each location will be tagged. “Hike –in” lengths vary and can be coordinated as-needed (shorter to longer etc.) this will be completed ahead of time during the trainings.
- Once on-site volunteers will be responsible for watching and encouraging walkers/runners – in most cases participants will be fine, however they may need assistance should they have a scrape or blister - they can use the medical kit provided to you. If there is a greater problem such as an injury the volunteer will use their personal cell phone (Bath Rec. cannot provide a means of communication so again cell

phones are required) to call the appropriate party (through training volunteers will be provided with these contacts).

- Depending on trail location and time of arrival, volunteers can anticipate being on trail starting around 8/8:30ish to 11:00/11:30 – *\*Note the 2016 event wrapped up at about 11:30a.m.* (volunteers' placed on the trail early will return from the trail early and volunteers placed on the trail later will return from the trail later in accordance with location i.e. "first in, first out"). From start to finish volunteers can anticipate spending approx. four hours volunteering with us.
  - The event will conclude with snacks and awards at the race-end location – McMann Athletic Complex.
  - Other volunteer opportunities include check-in at registration and assisting with the mid-point water station, volunteers should indicate if they would like to participate with these other activities.
- **Other Details:** Number and T-Shirt Pick-Up: Saturday, May 6th from 7:00-8:00am at McMann Athletic Complex, Congress Ave. Shuttles will bus runners/walkers to starting line. Last bus will leave 8:15am.
  - The first 50 registrations are guaranteed a FREE short sleeve MURPH t-shirt. **(we have reached this limit)**
  - Awards for runners will follow the Race at the McMann Athletic Complex, award classes will be Overall, Under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 Over 70 for both Male and Female.
  - Fees are \$25.00 Pre Registration (Online registrations close on May 5th at Noon) & \$30.00 Day of Race (7:00-8:00am)
  - *A limited number of short sleeve t-shirt will be available the day of the race for \$20!*
- **NEW THIS YEAR - A TEAM DISCOUNT FOR 4 OR MORE REGISTRATIONS (Deadline May 1st) - GET \$5 OFF EACH PRE-REGISTRATION ONLY**