



Greetings Superstar Volunteer!

You are the BEST part of Dirty 30! Without you, your energy, creativity, love and support, this race would not be what it is. You make it special and the runners appreciate you more than you know. Participants are out there running one of the toughest 50K races in the country, and it is because of you there is a high finish rate at the Dirty 30. You are a vital part of each runner's success as well as their safety. In addition, your efforts are helping our beneficiary, Gilpin County School. Dirty 30 has donated over \$37,000 to Gilpin School and looks forward to that number increasing as this race grows. Gilpin School uses these funds to support their athletic teams and clubs, sending kids to camps whom otherwise would not be able to go, as well as purchase much needed new uniforms and equipment. The kids, teachers, coaches and parents are a huge part of this volunteer team and are very appreciative of you.

What you will receive . . . In addition to a detailed job description that will be emailed to you, you will receive:

- A super schweet volunteer shirt I hope you will wear every other day! 😊
- Lunch at the Red Barn
- Box Lunch from [RAD – Real Athlete Diets](#) – If you are not able to get to the Red Barn for lunch because you are volunteering out on the course. Please indicate if you prefer vegetarian or meat lunch.
- 1 Beer and a Dirty 30 / Suffer Fest Beer Glass
- Dirty 30 / Orange Mud Buff
- 5 or more year volunteers will receive a hat.

Mandatory Volunteer Meeting . . .

Please mark your calendars now. It is **required for all volunteers** to attend at least one of the two ZOOM CONFERENCE CALL volunteer meetings. You will be emailed a link to the meeting a few days before the meeting. Meeting will be held at 7 pm on:

- May 28 – 7pm
- May 29 - 7 pm

Parking

- Parking is super limited. Carpool and take the shuttle bus if your job does not require you to have a car / and or to get to a remote spot on the course.
- Most runners and some volunteers will be shuttled into the start / finish area. If this is a possibility for you, please plan to do so. <http://dirty30.org/golden-gate/shuttle-bus/>
- All aid stations have very limited parking. Aid station volunteers please carpool with each other and take as few cars as possible to these locations.
- Obtain parking pass from parking marshal at the Visitor Center on race morning. If you are not going to be going near the visitor center to get to your post, then obtain a pass from your aid captain or Megan.

Canceling . . .

Please understand your presence on race day is vital to the safety and organization of this race. Not showing up creates a monkey wrench in the cog of this complex organization. If an emergency occurs and you need to cancel, please make an effort to find your replacement first and let us know right away. Thank you for doing your best to follow through with this commitment. We all really appreciate it. It takes so much advanced planning to make this work.

Get Informed . . .

- Read website thoroughly. The more you are informed the better you will be able to navigate the day and help the runners out.
- I am too busy on race day to help you get to where you need to go, so please plan ahead and ask your questions before Wednesday of race week.

What to bring . . . be prepared . . .

Backpack with . . .

- Water bottle
- Warm hat & sun hat
- Gloves
- Warm coat & rain coat . . . layers. It is cold in the morning and could rain in the afternoon.
- Camera – please take pictures and share with Megan
- Snacks if you are a course marshal
- Medical Skills . . .
- Course map, bus schedule and directions to your work location printed out off website.

Bib Colors . . .

- **50K – White – Elite Runners**
 - **Green – First time ultra runners – give these runners extra kudos and support. They chose one of the toughest for their first! We don't let anyone just quit . . . especially these runners.**
 - **Bluish purple – Lowlanders – Live below 2000 ft.**
 - **Pink – Everyone Else**
- **12M – Yellow**

Trails In Motion Film Festival –

Come see this year's best ultra running films and meet three world class athletes who will be featured in 3 of the 8 films. Adam Campbell from Canada who experienced a life threatening climbing fall and then 10 months later completed the Hardrock 100, Courtney Dauwalter who set the women's 24 hour record and Clare Gallagher who has finished 2nd at Dirty 30 and won the Leadville 100 will all be there to mingle and answer your questions.

- **When: Thursday May 9, 6:00 p.m.**
- **Where: American Mountaineer Center in Golden.**
- **Details & Tickets: <http://dirty30.org/golden-gate/trails-in-motion-film-festival/>**

Appreciating you,

Miss Megan