



Greetings Valued Volunteer!

Please read through this entire letter

Thank you for your commitment to supporting the Dirty 30 runners. You are the BEST part of Dirty 30! Without you, your energy, creativity, love, and support, this race would not be the special experience it is. You make it unique, and the runners appreciate you more than you know. Participants are out there running one of the most challenging 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.

MAKE SURE you have signed the waiver! It can be found on <https://dirty30.org/events/golden-gate-dirty-30/volunteer/>

In this letter you will find:

- 1) What you receive as a Dirty 30 Volunteer
- 2) What we NEED from you
- 3) How to prepare and get involved!

1) What you will receive -

- A detailed job description emailed to you.
- A quality volunteer shirt that we hope you will wear for years!
- Lunch at the Red Barn.
- 1 Beer and a beer glass if we are able to order them.
- Swag.
- Five or more years volunteers will receive a gift.
- All volunteers working all day through 6 p.m. will receive 50% off the 2023 race.

2) What we NEED from you –

- We need you to commit to a full day of support! Since Golden Gate State Park Manager will not allow spectators, we are looking for volunteers who can commit to sharing lots of support and big energy with all racers to the very end. That's your time to shine! We

need volunteers who are able to join us at the finish line after their course marshal or aid station job to be there until 6 PM with their smiling faces and loud cheers welcoming the runners into the finish line and offering support where needed.

You are their community on that day. You are the ones who get to be there for one of the biggest accomplishments of their lives. Please bring your talents and positivity into this warm community.

- 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 appreciate it. If you cannot dedicate your time to a full day of support please let Megan, [megan@dirty30.org](mailto:megan@dirty30.org), or Nichole, [nichole@dirty30.org](mailto:nichole@dirty30.org), know ASAP.
- Mandatory Volunteer Meeting:
  - Please mark your calendars now. We require all volunteers to attend at least one of the two volunteer ZOOM CONFERENCE CALL meetings. We will email a zoom link a few days before the meeting.
    - May 24th - 7 pm
    - May 25th - 7 pm
- Parking:
  - Parking is VERY limited. Please communicate with your coordinator so you can plan ahead:
    - If your volunteer job is at the Start/Finish/Red Barn area you are required to take the shuttle bus to the Start. You can find the shuttle bus details on the website under race details.
    - All aid stations have minimal parking. Aid stations will be limited to 2 cars at each aid station to get supplies in. Most of the volunteers will be shuttled to their aid station. Coordinate with the aid captain to make sure you get a ride to your aid station.
    - Some course marshal jobs will require you to drive to your course junction. We will give these marshals a parking pass.
  - For those needing to drive to the race and you will be driving by the Visitor Center, you may get a parking pass from the Parking Marshal. .

### 3) How to prepare and get involved!

- Be Informed:
  - Please read the website thoroughly. The more informed, the better you will navigate the day and help the runners out.
  - Have a race day plan on where you need to go, how you're getting there, and what you need to bring to be comfortable.
  - Read your job description thoroughly, communicate with your aid captain or coordinator so you know exactly what to expect
- Ideas on what to bring:
  - Positivity and support
  - Any fun noise makers, costumes, or jokes you have
  - Face Mask
  - Water bottle
  - Sunscreen
  - 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 the race director, Megan
  - Snacks if you are a course marshal
  - Medical skills if you have them
  - Course map, bus schedule, and directions to your work location printed off of the website
- Join our group on Facebook or Instagram to connect, stay informed, and hear runners' stories.
  - Facebook: <https://www.facebook.com/search/top?q=dirty%2030%20running>
  - Instagram: <https://www.instagram.com/dirty30running/?hl=en>

With Appreciation,

Megan Finnesy, Race Director

Nichole Brickett, Volunteer Coordinator