

# Rotary Run for Mikinduri



## Course Support Team

### Members:

- David Smith: *Captain*
- Stewart Macintosh: *Guard*
- Darren Blanchard: *Guard*
- Troy & Chandler Leard, Michael Dimitroff, Phil Handrahan, Amanda Stewart: *5K Guides*
- Sherilyn Acorn-LeClair, Pam MacKenzie, Josh Silver: *15K Guides*

### Responsibilities:

- Captain and Guards set up course, with placement of pylons and signs
- Guards help with traffic control and runner safety, coordinating with fire department, RCMP and/or DOT flaggers
- Guides stationed at specific intersections and ensure runners stay on the course
- Captain responds to any issues that crop up, as well as helping runners who drop to exit the course
- Captain and Guards breakdown the course and move all equipment back to race site

### Schedule:

- 6:30 AM: Captain and Guards arrive @ Metro, take lanyards / materials, setup course
- 8:30 AM: Be finished with all setup and back at race site
- 8:30 AM: Guides arrive @ Metro and take lanyards and vests
- 8:40 AM: Guides and Guards put on vests and move to assigned locations, with Captain to help provide transportation, if necessary
- 9:00 AM: Race start
- 9:00 - ~11:30 AM: Race in progress – Guides may leave after getting OK from Sweep and cleaning location (leave pylon and any signs) – Captain may begin to pick up pylons and signs as Sweep passes by course
- ~11:30 AM: Captain and Guards to finish picking up all pylons and signs, do final clean of all locations and truck materials back to race site @ Metro

### Materials:

- *Communication:* Lanyard; cell phone whose number is noted on lanyard
- *Markers:* 50 pylons; 1-5 K markers; 10 K marker; 15 K marker; 4 Race In Progress markers; 20 vests; 10 stop&go signs

**THANK YOU!!**

<http://running.stratfordrotary.com>

Rotary Club of Stratford



ROTARY RUN FOR MIKINDURI - 15K MAP

Darren Blanchard

Stewart Macintosh

Stratford



- DIRECTIONS**
- Start: Kinlock & Aintree, just south of HH
  - Run south to Keppoch and turn left
  - Run east to Georgetown and turn left
  - Run up Tea Hill
  - Continue Georgetown to Stratford
  - Run west to Keppoch and turn left
  - Run up Keppoch hill
  - Turn left on Skye Lane and follow markers
  - Turn left on Kinlock
- Finish:** Kinlock up to Metro parking lot



5K Route, with cones, signs and traffic control





15K Route, with cones, signs and traffic control  
\*5K requirements also in effect for 15K route\*