



# Jon Francis Foundation

HALF-MARATHON + 8K



With the **POWER<sup>UP</sup>** 1K Fun Run\*!

## Volunteer Information

**The Jon Francis Foundation Race Events - Square Lake Park, Saturday, September 22, 2012. 9:00 am to noon.**

Thank you for signing up for the Jon Francis Foundation Race Events. Volunteers make it happen! Without you we could not have the Jon Francis Foundation Race Events. Past Jon Francis Foundation volunteers have found this to be a fun and rewarding experience. And you will be able to enjoy all of the water and bagels you can eat. Thank you!

## Volunteer Training

Please mark your calendar for the all volunteer training day on **Saturday, September 15, 2012**, at **Ascension Episcopal Church**, 214 North 3<sup>rd</sup> St., Stillwater.

**10:00 am to noon.** Enter through the east door off 3<sup>rd</sup> Street. Please don't trip on the construction debris on the street.

## Race Day, September 22, 2012 - 7:00 am to 1 pm.

**Please arrive at Square Lake Park by 7:00 am** to help set up and get organized for the runners and attendees. We are expecting about 200 runners.

## The Events:

**The Jon Francis Half-Marathon;** The 13.1 mile course will follow a beautiful and somewhat challenging route on rolling hills and rural roads past lakes, farms, forest and open fields.

**An 8K** (5 mile) run will circle Square Lake under a canopy of shade trees.

Start time for the Half-Marathon and 8K is 9:00am.

**New in 2012: POWER<sup>UP</sup> 1K Fun Run.\*** Families, kids and kids at heart are welcome to run, walk, skip, jump rope, or dance their way to the finish of this enjoyable 1K race.

**Also new in 2012: The Family Fun Fair in Square Lake Park** will have food, games, prizes and information about better eating, active living and wilderness safety and the always popular bounce house.

Bring your family and friends along to have fun and to learn about the importance of daily physical activity for kids and families.

## **Fun Fair Helpers Needed**

The Jon Francis Foundation (JFF) is partnering with Lakeview Health, PowerUp and other community leaders to provide several health, fitness, educational and family focused events.

JFF is an approved IRS 501(c) (3) tax exempt and Minnesota non-profit charity dedicated to saving lives through wilderness safety education and to improving the public response to missing adults.

## **The Location:**

**Square Lake Park**, about 8 miles north of Stillwater, is a gorgeous area. The lake is spring feed, swimmable (even in September) and crystal clear. There's a beautiful sandy beach, a grassy and shady picnic area, restrooms (with indoor plumbing), showers and changing facilities. It's a great family location.

## **The Race Village**

The Race Village will consist of booths, tents and tables along "Main Street" in Square Lake Park. Food, non alcoholic beverages, products, services, games and information will be provided.

## **Volunteer Assignments**

### **The Fun Team: Family Fun Fair and **POWER<sup>UP</sup>** 1K Fun Run**

Help lead games for families and kids during the Family Fun Fair. Provide supervision and encourage participation. Hand out stickers and prizes.

Plan and conduct the **POWER<sup>UP</sup>** 1K Fun Run that starts around 9:15am.

## Start/Finish Line Team

### Greeters

The important role of the Greeter is to be present at the finish line to offer a “well done” or some other form of praise to the finishers and give them their award.

**Food, Award and Information Team** – Stage and offer food and beverages to finishers and volunteers. Provide ribbons to the greeters or runners. Offer directions to Port-a-Potties, Bus Stop, Fun Fair, Events, etc.

**Medical Team**-Medical staff will be present and vigilant to identify a runner in distress and will escort that person to the medical tent. If you see a runner in distress and the medical staff is not “on it,” motion to the medical tent for help.

**Course Marshals** (Stationed at points along the course and the 1k Fun Run)

Course Marshals are essential for runner and spectator safety. They keep the cars away from the runners! The responsibility to ensure spectator and runner safety is not complex, but it’s very important. All unofficial vehicles and spectators must stay off the course, and runners must stay on the course (unless they are stopping for aid or nourishment).

You will be assigned an intersection on the course. **It works best to drive a car to or get dropped off at the intersection and park in a safe area close by.** Runners will run on the left side of the road. You will have a course map so you will know where the runners will be.

### Water Stations

Water Stops are vitally important for runner safety and encouragement. And this is a great opportunity for a civic organization to raise money and awareness to your organization and mission by creating a cheering section and supporting runner safety and enjoyment. A good level of staffing is 6 people.

## Transportation, Directions and Parking

**Parking:** You are encouraged to park at the Stillwater Area High School and catch a shuttle bus to Square Lake. However, course marshals and water stop volunteers are encouraged to drive to their assigned area and park nearby. Again, runners will run on the left side of the road so don’t park your vehicle on that side.

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**Shuttle Buses**, provided by Minnesota Central School Bus, will leave the high school approximately every 10 minutes from 7:00am to 9:00 am. The buses will line up at the west side (**Door 44W**). The west side of the high school faces the parking lot.

Shuttle buses will return happy and tired participants to the high school beginning at 11:00 am through 1:00 pm. The Stillwater Area High School is located at 5701 Oak Park Heights, Minnesota 55082 at the intersection of Minnesota Highway 5 (Stillwater Boulevard North), and 58th Street North.

**Detour:** The exit ramp from Interstate 494/694 to Highway 36 is closed. Recommend you take the Highway 5 exit to Stillwater if traveling on the interstate. Otherwise you can take Minnesota Highway 36 to the Highway 5 exit and head south.

As you know, this is a nonprofit charity event under the management of the Jon Francis Foundation (JFF) and UpTempo Race Management, [www.uptemporacemanagement.com](http://www.uptemporacemanagement.com).

**Our race goals** are to provide an exceptional running experience, engage the community, hold a family and youth friendly event, honor Jon's memory and raise money to support the vital and unique mission of the Jon Francis Foundation.

Thank you for your presence and your support.

*\*PowerUp is a community-side initiative to make better eating and active living easy, fun and popular for kids and families. PowerUp is supported by designated funds of the Lakeview Foundation and HealthPartners and works in partnership with other community organizations to help kids reach their full potential through better eating and active living.*

