

Volunteering for a Four Winds Adventure Race

What can you do to help?

During race events we need volunteers who are responsible and enjoy the excitement of the outdoors and the sport of adventure racing by participating in the support of racers on and off the course. Individuals can be involved from a single day to the whole event and are offered a variety of ways to contribute. Some of the volunteer opportunities are listed below.:

- Racer pre-race material prep (i.e. stuffing, sorting, filing)
- Racer, support crew and sponsor relations (i.e. greeting, meeting, explaining, directing, cajoling, assisting)
- Racer registration (pre-race and finish line)
- Gear check and verification for racers
- Media and press escorting
- Hospitality centers
- Equipment handling and transport
- Snack, food and water distribution
- Language translation for international teams
- On-course support crewing for international teams throughout the race
- Course checkpoints setting or monitoring, for mountain biking, kayaking, mountaineering, ropes work, horseback riding, hiking, running (some checkpoints could involve backpacking into wilderness areas, some could involve car camping)
- Medical personnel, EMT's, wilderness first responders, foot specialists, massage therapists, etc.
- Safety and support, course monitoring - for water venues, mountaineering/ropes venues, horseback riding venues, mountain biking venues, etc.: people with the following skills and equipment (or livestock)
- 4X drivers
- ATV riders
- Mountain bikers
- Boat owners and captains
- Kayakers
- Personal watercraft operators
- Horseback riders
- Climbers
- Backpackers
- Car or RV campers
- Monitoring and tracking racing times of teams for scoring
- Computer and data entry
- Relaying communications, working in the main communications centers
- Working alongside outfitters
- Working with medical support teams
- Festivities set up and breakdown
- Opening and closing ceremonies support

As a reminder, you should have your own camping or backpacking equipment (tents, packs, sleeping bags, ground mats, cooking equipment, etc.) and be prepared to experience some of the most beautiful country in the

U.S. You can pack lightly, but be prepared for anything! And leave your temper, your impatience, your hair dryer at home and come with lots of caring and good will to hand out.

What to expect?

Volunteering at a Four Winds event is a challenging yet rewarding experience. We try to create a positive, upbeat environment for everyone involved with the race. However, the nature of adventure races is to keep teams moving non-stop throughout the course which means competitors as well as volunteers can receive very little sleep. This lack of sleep and associated stress can have a negative impact on a person's disposition. Although most people involved with our races are generally good-spirited folks, you may encounter someone who is suffering from sleep deprivation and is a little difficult to deal with. Please realize that it isn't personal and don't let it affect your ability to positively represent the Four Winds Adventures experience. But more often, you will be greeted by happy racers who have stumbled out of the woods to find you and are overjoyed to discover they are indeed on the right navigational track.

The first three days of this multi day race will present different logistical challenges for volunteers and race officials than the longer expedition level competition that the race becomes from day three on forward. Generally, the first couple days are faster-paced with less down time in between movements. Then as the racers spread out, the course spreads out, and resources are in several different "headquarters" at a time, tracking the slow steady progress of the teams, with maybe a few screaming-go-fast teams outpacing everyone at the front end by a day or two!

Many things happen behind the scenes that contribute to making the race a success. Most important is staying two steps ahead of the racers to insure that checkpoints are properly staffed, medical teams are available where needed and support teams arrive at the next transition area. This may involve the transportation of kayaks, tracking the progress of teams and working with local agencies. Other tasks that are equally important are the set up and breakdown of start and finish lines, sponsor banners and media relations. Or simply review the list of jobs above. As a Four Winds volunteer you could be asked to perform any of these tasks. Of course your preferences will be evaluated and taken into account for your main assignment, but sometimes flexibility is the name of the game when you are called on to pinch hit from your main assignment.

For all the hard work during a race there is also a lot of fun to be had. Witnessing the race first hand is an exciting experience that you will not soon forget. Every event brings together a colorful group of characters with wide ranging backgrounds and similar interests. You'll meet a lot of new people and make some new friends. Finally, we celebrate the end of the race with a party open to all the competitors, staff, volunteers and family that brings everyone together for one last time - until the next race, that is.

How Can I Help Now

- Recruit others for the volunteer crew. Give them the 800-775-7671 number or the email info@4windsadventure.com. Better yet, have them go online to www.4windsadventure.com and key in the volunteer section and sign up.
- Make copies of these forms and take a bunch to work and talk it up.
- Volunteer to be part of the regional phone tree.
- Go to the all volunteer crew meetings once we tell you when and where. This will be your only chance to see each other before race time and helps gets you ready and able.

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Let Us Know More About You

This is not a template so you will have to adjust text as you type. Or please print.

BIOGRAPHICAL INFORMATION FORM

In order to match you with the right team, we need to know more about your qualifications and skills in addition to your style of working with an interdisciplinary team. Please take a couple moments to fill this out. Time is of the essence! We will need time to study this information and form the teams needed to support the race effectively.

PLEASE RETURN this within a week of having received it.

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone (H) _____ **(w)** _____ **fax:** _____

Cell phone: _____ **Email:** _____

Special Skills/ Certs:

Additional Skills:

(GENERAL, MEDICAL, COMMUNICATIONS, ADMINISTRATION)

Indicate whether you are skilled (s) and/or own any of the following:

4X _____ **2X** _____ **Camper** _____ **RV** _____ **ATV** _____ **Dirt Bike** _____

PWC _____ **Kayak** _____ **Canoe** _____ **Horse** _____ **MB** _____

Time availability: Volunteers are needed before, during and after the race dates.

Please indicate whether you'd be interested in an extended period of time - that is the best and most fun, to get into the groove and see the beautiful countryside. You can spend six exhausting and exhilarating days on an incredible journey living stories you'll remember time and time again. You can work a few hours or a few days. Those who give extended periods will have more responsibilities – and more goodies and schwag!

Assignment Preference:

(Note interest in management responsibilities)

Think about the following traits now and give us your best assessment of you and your abilities so that we may try to match you with the best team for your skills and personality.

Do you consider yourself ;

1. A leader or a follower ?
2. An enforcer or an empowerer with others?
3. A team member or a maverick ?
4. Creative or linear in your problem solving and thinking.?
5. Good fair poor when under stress?
6. Good fair poor when you have had less than four hours of sleep for three days?
7. Good fair poor at handling repeated complaints with care and concern?
8. Good fair poor at following protocol even if it isn't the way you always did it?
9. Motivation for you to do this volunteering comes primarily from _____
10. What motivates you best to do a good job at something ?

11. Anything else you want to tell us about you or your skills/traits?_____

Thank you for the time it took to do this. We will do our best to use your special talents. We want you to have fun frolicking in the outdoors with the adventure racers in our 2003 Four Winds USA Supreme Adventure Race, presented by The North Face®, based out of Park City, Utah.