

The Children's Hospital
COURAGE & CLASSIC 2010
presented by  **ProLogis**

July 31 - August 2

VOLUNTEER





Volunteer Check-In

Thank you for volunteering your time at The Children's Hospital Courage Classic. Please note that Volunteer Check-In will begin at noon at the Conference Center on Friday, July 30, and will go until 8 pm. All volunteers will stay at The EDGE for the duration of the tour. Please park at the Alpine Lot, the first lot to the left as you enter Copper Mountain. A shuttle will arrive every 15 minutes to take you to The EDGE. If arriving after 8 pm on Friday, pick up your key at The EDGE office. Then, check in at the info booth as soon as possible on Saturday.

Volunteer Wrist band

Your volunteer wrist band, which you'll receive at tour check-in, acts as your tour ID and your meal ticket. Please wear it for the duration of the tour.

Volunteer Meals

As a Courage Classic volunteer, you are invited to participate in all group meals during the tour, including the meal plan breakfasts and dinners and the Finish Line BBQ. You must show your wrist band ID at these meals for entry. Times and locations of all meals are listed in this Volunteer Tour Manual. Mobile Meals may be picked up before you head to your job if your job is on course.

Mobile Meals

Are you going to be out on the course when it's time to eat lunch? Then you need a MOBILE MEAL... it's a box lunch you take with you to your assignment. Mobile Meals are available every day from 5 am - 10:30 am in the EDGE. Look for the Mobile Meals sign in the EDGE building lobby. Please remember to pick up your meal each day.

Bring to Your Job Assignment

Wear comfortable shoes and weather-appropriate clothing as you work. You'll want to pack a bag containing the following items to keep you comfortable:

- Your Volunteer Manual
- Sunscreen, sunglasses, hat
- Rain gear, jacket
- Watch
- Pen/Paper
- A small cooler for food and drink
- Lip balm, bug repellent
- Snacks, water
- Your Mobile Meal
- Folding Chair
- Umbrella
- Trash bags
- Cell phone
- Advil
- Warm clothing as some shifts start early am

Many volunteers wear costumes, leis or funny hats and bring noisemakers (*cowbells, horns*) and pom poms to encourage riders along the route. Feel free to be creative as long as your getup doesn't interfere with your assigned duties and is appropriate for a family-oriented event.

Tour Information Center

You'll find the volunteer-staffed Tour Information Center near the Start/Finish Line each day. If you missed Friday night's volunteer registration, check in at the Tour Information Center. The Tour Information Center will be open from the start of breakfast to the end of dinner each day.

- **Friday afternoon** Conference Center
- **Saturday morning** Lake County High School
- **Saturday evening** Burning Stones Plaza, The Village at Copper Mountain
- **Sunday all day** Burning Stones Plaza, The Village at Copper Mountain
- **Monday morning** Burning Stones Plaza, The Village at Copper Mountain
- **Monday afternoon** Lake County High School

Message Center, 720.777.7499

Should someone need to reach you during the tour, they can leave a message on the Courage Classic Emergency Line: 720.777.7499. We will monitor this message box frequently, beginning at noon on Fri., July 30, and concluding at 4 pm on Mon., Aug. 2.

We will post messages at the Tour Information Center (*see page 2 for locations*). We will also read the names of riders/volunteers with emergency messages over the PA system during dinner each night.

Tour Emergency Number: 970.968.2882

Ask for the Courage Classic Tour Office.

Be sure to check for messages at the Tour Information Center, or call the Tour Road Office, 970.968.2882.

Ask for the Courage Classic Road Office during the following times:

Friday: Noon to 9 pm

Saturday: 6 am to 9 pm

Sunday: 6 am to 9 pm

Monday: 6 am to 10 am. After 10 am, call 720.777.7499

If you have a volunteer emergency, please contact the volunteer coordinator on your phone list given to you at check-in.

If at any time you need volunteer information, please go to Burning Stones Plaza to the info booth.

Bathrooms on the Course

Aid stations all have porta-potties on site. If you're a marshal, watch for the porta-potty on the back of a truck, which will come to you.

Shuttles

Shuttle service will run between the Alpine Lot and The EDGE on Friday from 10 am to midnight, and on Saturday, Sunday and Monday from 5 am to 10:30 pm.

Who's Who at the 2010 Courage Classic

Tour Director: Cary Larger

Tour Manager: Carrie Olinger

Tour Coordinator: Rebecca Neelis

Sponsor Liaisons & Expo: Julie Headley, Leah Asher and Emily McNellis

Volunteer Coordinator: Micah D'Hondt

Aid Station Coordinator: Lorie Johnson

Awards Kids Supervisor: Lynn Kramer

Camping/Shower Supervisors: Jane and Hank Fellerman

Communications & FM Radio Supervisor: Curtis Klinger

Copper Site Supervisor: Ed Schulte

HAM Radio Supervisor: Ed Gage

Equipment Supervisors: Grant Windholz and Travis Hollis

Housing Coordinator: Micah D'Hondt

Luggage Supervisor: Lois and Tracy Perry

Marshal Supervisors: Derrick Rivera and Debi Rivera

Mechanical Support Supervisor: Rebecca Neelis

Medical Director: Leslie McKay

Medical Supervisor: Thomas Candler

Mobile Meal Coordinator: Sandra Hubenka

On-Course Relief Supervisor: Jen Wanca

Public Relations: Leslie McKay and Lara Day

Registration Supervisors: Frank Dean and Tanna Lewis

Rider Bag Supervisors: Annie Crisafulli and Terry Dennett

Riding Medic Supervisors: Eric Burns and Julie Whitney

Road Office Supervisors: Carol Page and Margot Thompson

Sag Wagon Supervisor: Adrian Van Loosenoord

Signage and Sweep Supervisors: Phil Erbaugh and Suzie Burnett

Important information you may need to know for riders Camping

Camping is available at Lake County High School and Copper Mountain on Friday night, and at Copper Mountain Resort on Saturday and Sunday nights. At Copper Mountain, camping is located at The EDGE Building and around the Chapel lot. RV parking is available in the Alpine lot. Take the first left upon entering the Copper main entrance (*no hookups*).

Please remember the following rules in the campsite:

1. NO PETS
2. No littering; pack it in and pack it out please
3. No alcoholic beverages
4. No campfires
5. Keep noise levels low in early morning and the evening
6. Be courteous about your space; please leave room for other campers
7. Be aware of sprinkler heads when deciding where to pitch your tent

Showers for Campers

Campers will have access to showers at Leadville on Sat., July 31 from 6 to 9 am and Mon., Aug. 2 from 10 am to 4:30 pm with additional access to pay showers and pool at Lake County Recreation Center.

Campers will have access to showers at Copper Mountain Resort at The EDGE on Sat., July 31 from 1 to 6 pm, Sun., Aug. 1 from 6 to 9 am and 1 to 6 pm and Mon., Aug. 2 from 6 to 9 am.

Please remember:

1. Your Courage Classic camper wrist band is your shower ticket
2. Bring your own toiletries and towels
3. Be courteous with the time you spend so your fellow campers can get a shower too!

Luggage Delivery Service

If you camp at Lake County High School on Friday night or check in to the tour on Sat., July 31, at the Lake County High School Start Line, we will deliver your bags and camping gear to Copper Mountain Resort lodging, including the campground at The EDGE Building. You must drop your bags at the designated spot by 8:30 am on Saturday, or they may be left behind. Look for the big trucks. We expect that bags will be delivered by 11 am. Please note: There is no luggage transfer on Sunday.

Please be sure to mark your luggage with your name, address, contact phone number and rider number. We'll also tag your luggage.

On Monday morning, make sure to leave your tagged luggage at the designated spot (*you'll get the location at check-in*) by 8:30 am. If it's not there by 8:30 am, it could be left behind. We'll deliver your bags to the Lake County High School Finish Line.

If you can't find your bags, check the Tour Information Center, located near the Start/Finish Line. Or, call the Tour Road Office at 970.968.2882.

*** Please instruct the riders to pick up their luggage immediately after they are done riding on Saturday and Monday.**

Aid Stations

Aid stations and water stops are located throughout the day's route. Check your route map for exact locations. Be sure to stop, get a snack and refill your water bottles with water or sports drink. Each aid station is staffed by volunteers handing out food and drinks, a medical team and a mechanical team. You'll also find bathrooms here. Please keep your bike off the side of the road when stopping.

Consult the Route Information for details on locations and times.

Sag Wagons, sponsored by Point B.

Sag wagons are large vans with bike racks on the top. Riders (*and their bikes*) can catch sag wagons up hills, to the next aid station or to the Finish Line from any road along the course. Sag wagons don't have bike path access. Riders should pull over to a safe spot and flag down the driver as the van approaches. Riders with trailers or tandem bikes may have a longer wait because of space limitations. Riders riding with children who need a car seat will be required to wait for our special sag van outfitted with various sizes of car seats. Please wait in the sag line at Vail and Breckenridge lunch stops.

Bike Service

Mechanics are available at the Start/Finish line, at each aid station and as riding mechanics along the course to help riders with bike repairs. They'll have parts on hand. Service and inexpensive parts are free; riders can pay for more expensive parts at the end of the day. Please bring your credit card with you or be prepared to leave your information (name, cell) with the bike mechanic who assists you.

Medical Service

Medical volunteers are available at each aid station, along the route as biking medics (look for the white Medic bibs) and at the Finish Line until 6 pm. They'll have bandages and other first-aid items. They are also in contact with EMS for more severe injuries. If a rider needs medical attention, please use your tour radio (*if you were issued one*) to call Cary Larger using the phone list you got at check-in. In an extreme emergency, call 911, then notify Cary Larger.

Massage

For just \$35, you can receive a 30-minute professional sports massage from The Sports Massage Team. A portion of your massage price will be donated to Children's. Massage times book quickly, so be sure to make an appointment. You'll find the therapists in Ptarmigan rooms on Saturday and Sunday, and at Lake County High School on Monday.

Rider and Non-Rider Meals

Rider lunches are covered as part of their registration fee (*including the Finish Line BBQ*). Riders and their non-rider companions need either a wrist band or a meal ticket to eat in Jack's Slopeside Grill. Some riders purchased these during registration. Or, both meal plans and meal tickets are available for purchase at the Tour Info Center:

- meal plans cost \$60 adults/\$45 kids under 16.

- Meal tickets are \$15 each, and they're good at any breakfast or dinner and the Finish Line BBQ.

DAY-BY-DAY SCHEDULE

This schedule also includes helpful details about the riders schedule.

FRIDAY, JULY 30 Leadville — Copper Mountain

Time	Event	Location	Details
All Day	Copper Mountain Summer Activities	Copper Mountain Resort	Summer activity passes range from \$39 to \$69 and include unlimited access to bungee, mini-golf, chair lift rides and other activities. Same price for all ages. Visit the Mountain Adventure Center at Copper for more information, or www.coppercolorado.com .
Noon–8 pm	Volunteer Check-In	Conference Center	Thank you for volunteering your time at The Children's Hospital Courage Classic. All volunteers will stay at The EDGE for the duration of the tour. Please park at the Alpine Lot, the first lot to the left as you enter Copper Mountain. A shuttle will arrive every 15 minutes to take you to The EDGE.
2 pm	Copper Mountain Lodging Early Check-In Rider and/or Guest	Lodging Check-In	Riders check in at Copper Lodging on the right side of Copper Road. Room/condos will be ready by 4 pm. Campers or anyone staying in Economy Rooms check in at tour check-in.
3:30–8:30 pm	Rider Check-in	Conference Center	Riders turn in collected donations, pick up tour wrist band, shirt, purchased merchandise, route map and rider packet, and buy meal plans and merchandise.
4 pm	Campgrounds open	The EDGE Building	Camping at Copper Mountain is around The EDGE Building or near the chapel lot.
5–9 pm	Campground opens	Lake County High School	The campground at Lake County High School will be open for arrivals from 5 to 9 pm and staffed by volunteer guides. NOTE: Lake County High School locker rooms and showers will NOT be open on Friday. They will open Saturday from 5:30-9:30 am.
3–8 pm	Courage Classic Expo	Burning Stones Plaza	Including: The Children's Hospital, 99.5 The Mountain, BikeSource, Hulee Super Cookie, Oakley, Orbea, Pearl Izumi, Primal, ProLogis, Saris, Specialized, United Healthcare, Wheat Ridge Cyclery
6-8 pm	Concert	Westlake Overlook	FREE FAC Copper concert: Angie Stevens and the Beautiful Wreck.
8:30 pm, dusk	Movie: <i>Breaking Away</i>	Burning Stones Plaza	Join us for this cycling classic. Rated PG and FREE.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's tour.
10 pm	Quiet Hours	The EDGE	Please be respectful of other guests at The EDGE.

SATURDAY, JULY 31

Leadville — Tennessee Pass — Battle Mountain — Vail — Copper Mountain

Time	Event	Location	Details
All Day	Copper Mountain Activities	Copper Mountain	See Friday's description for details.
5am–10:30pm	Shuttle Service	Alpine lot to The EDGE	Shuttles run every 15 minutes.
5–10:30 am	Pick up mobile meals	Lobby of The EDGE	Volunteers pick up mobile meals depending on time of the day's assignment.
6:30–9 am	Breakfast	Lake County High School	Volunteers access with their wrist band unless on course. Riders purchase \$15 meal tickets or use meal plan which can be purchased at the Tour Information Booth.
7–9 am	Rider Check-In	Lake County High School	Rider check-in.
7–9 am	Day 1 Start Times	Lake County High School	Riders start between 7 and 9 am. State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If riders start later than 9 am and are a slower rider, they may not finish the course by the time services close.
8:30 am	Luggage Transfer Cutoff for Riders	Lake County High School	Riders' luggage (tagged with name, address and rider number) must be at the designated drop-off spot no later than 8:30 am to have it delivered to the riders' lodging in Copper Mountain. Bags will be delivered by 11 am. Campers at Leadville Friday night must have camp broken down and repacked for delivery to Copper Mountain campgrounds as well. Visit the Tour Information Center near the Copper Mountain Start/Finish Line if your luggage or camping gear does not arrive or call 970.968.2882.
9 am–8 pm	Courage Classic Expo	Burning Stones Plaza	Including: The Children's Hospital, 99.5 The Mountain, BikeSource, Hulee Super Cookie, Oakley, Orbea, Pearl Izumi, Primal, ProLogis, Saris, Specialized, United Healthcare, Wheat Ridge Cyclery
11 am–9 pm	Massage Therapy	Ptarmigan Rooms	For just \$35, you will receive a 30-minute sports massage by professional massage therapists from The Sports Massage Team. A portion of the fee will be donated to Children's. Sign up ahead of time as slots fill up fast.
8:30 am–2 pm	Lunch	On Course	Volunteers either eat mobile meal they picked up at The EDGE or at Lunch Aid Stop depending on day's assignment. Riders' eat at Lunch Aid Stop.
2–6 pm	Street Performers	Roaming the Village	Face painting and balloon animals.
5–7:30 pm	Dinner	Jack's Slopeside Grill	Volunteers access with wrist band. Riders purchase \$15 meal tickets or use meal plan which can be purchased at the Tour Information Booth.
7:00 pm	Courage Classic Presentation	Burning Stones Plaza	Join us for a short, inspirational program about the Courage Classic.
7:30–9 pm	Concert	Burning Stones Plaza	FREE concert: Deja Blu, presented by Copper Mountain Resort and the Village.
9 pm	Fireworks	Westlake Overlook	Courage Classic fireworks display sponsored by Copper Mountain.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's tour.
10 pm	Quiet Hours	The EDGE	Please be respectful of other guests at The EDGE.

SUNDAY, AUGUST 1

Copper Mountain — Frisco — Lake Dillon — Keystone — Breckenridge — Copper Mountain

Time	Event	Location	Details
All Day	Copper Mountain Activities	Copper Mountain	See Friday's description for details.
5am–10:30pm	Shuttle Service	Alpine lot to The EDGE	Shuttles run every 15 minutes.
5–10:30 am	Pick up mobile meals	Lobby of The EDGE	Volunteers pick up mobile meals depending on time of the day's assignment.
6–9 am	Breakfast	Jack's Slopeside Grill	Volunteers access with their wrist band unless on course. Riders purchase \$15 meal tickets or use meal plan which can be purchased at the Tour Information Booth.
7–10:30 am	Day 2 Start Times	Copper Mountain Village	Riders start between 7 and 10:30 am. State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If riders start later than 10:30 am and are a slower rider, they may not finish the course by the time services close.
9 am–3 pm	Lunch	On Course	Volunteers either eat mobile meal they picked up at The EDGE or at Lunch Aid Stop depending on day's assignment. Riders eat at Lunch Aid Stop.
11 am–9 pm	Massage Therapy	Ptarmigan Rooms	For just \$35, you will receive a 30-minute sports massage by professional massage therapists from The Sports Massage Team. A portion of the fee will be donated to Children's. Sign up ahead of time as slots fill up fast.
2–6 pm	Street Performers	Roaming the Village	Balloon sculpting extraordinaire, face painting, jokes and surprises.
5–7:30 pm	Dinner	Jack's Slopeside Grill	Volunteers access with wrist band. Riders purchase \$15 meal tickets or use meal plan which can be purchased at the Tour Information Booth.
6–9 pm	Concert	Burning Stones Plaza	FREE Courage Concert: Opie Gone Bad.
10 pm	Restaurants stop serving	Copper Mountain Village	Copper Mountain Village restaurants will serve food until 10 pm during this year's tour.
10 pm	Quiet Hours	The EDGE	Please be respectful of other guests at The EDGE.

MONDAY, AUGUST 2

Copper Mountain — Fremont Pass — Turquoise Lake — Leadville

Time	Event	Location	Details
n/a	Check out	The EDGE	You may check out any time from The EDGE. All other accommodations please follow their check out policy.
5am-10:30pm	Shuttle Service	Alpine lot to The EDGE	Shuttles run every 15 minutes.
5-10:30 am	Pick up mobile meals	Lobby of The EDGE	Volunteers pick up mobile meals depending on time of the day's assignment.
6:30-9 am	Breakfast	Jack's Slopeside Grill	Volunteers access with their wrist band unless on course. Riders purchase \$15 meal tickets or use meal plan which can be purchased at the Tour Information Booth.
7-10 am	Day 3 Start Times	Copper Mountain Village	Riders start between 7 and 10 am. State Patrol escorts, aid stations, sag wagons, and mechanical and medical volunteers, are open and working. If riders start later than 10 am and are a slower rider, they may not finish the course by the time services close.
8:30 am	Luggage Transfer Cutoff for Riders	Copper Mountain locations	Riders' luggage (tagged with name, address and rider number) must be at the designated drop-off spot no later than 8:30 am to have it delivered to the Finish Line at Lake County High School. Bags will be delivered by 2 pm. Visit the Tour Information Center near the Copper Mountain Start/ Finish Line if your luggage or camping gear does not arrive or call 970.968.2882.
10 am-4:30 pm	Showers	Lake County High School	Showers are available for all riders at Lake County High School. Bring towels and toiletries.
10 am-4:30 pm	BBQ	Finish Line	Volunteers either eat mobile meal they picked up at The EDGE or at the BBQ depending on day's assignment. Riders' access included in registration. Non-volunteers and riders can purchase meal tickets at the Tour Information Center near Finish Line.
11 am-4 pm	Massage Therapy	Lake County High School	For just \$35, you will receive a 30-minute sports massage by professional massage therapists from The Sports Massage Team. A portion of the fee will be donated to Children's. Sign up ahead of time as slots fill up fast.
11 am-3 pm	Music	Lake County High School	Music provided by 99.5 The Mountain.
1:30 pm	Team Courage Welcome Celebration	Finish Line	Help us cheer Team Courage across the Finish Line. Listen for the announcement about their impending arrival for an exact time.



The Children's Hospital



Thank you to our generous partners of THE CHILDREN'S HOSPITAL 2010 COURAGE CLASSIC