

**THE INAUGURAL HAND & STONE  
WOMEN'S PHILADELPHIA TRIATHLON  
PRESENTED BY INSPIRA HEALTH NETWORK  
VOLUNTEER GUIDE 2018**

THANK YOU for being a volunteer for the Women's Philadelphia Triathlon! West Fairmount Park is a truly unique setting for this event and we are excited to welcome you to our 2018 season.

We ask that you please follow these guidelines to have a successful experience as a volunteer:

**LOCATION OF EVENT:**

- SATURDAY JULY 7<sup>TH</sup> & SUNDAY JULY 8<sup>TH</sup>
  - WEST FAIRMOUNT PARK ACROSS FROM KELLY POOL
    - 4231 LANSDOWNE DRIVE, PHILADELPHIA PA 19131

**VOLUNTEER HOURS:**

- FRIDAY JULY 6<sup>TH</sup>
  - WEST FAIRMOUNT PARK ACROSS FROM KELLY POOL
    - 10:00 AM - 1:00 PM
    - ATHLETE SWAG BAG STUFFING PALOOZA - PLEASE REFER TO EMAIL RECEIVED
- SATURDAY JULY 7<sup>TH</sup>
  - WEST FAIRMOUNT PARK ACROSS FROM KELLY POOL
    - 9:00 AM – 5:30 PM
    - VARIOUS VOLUNTEER SHIFTS - PLEASE REFER TO EMAIL RECEIVED
- SUNDAY JULY 8<sup>TH</sup>
  - WEST FAIRMOUNT PARK ACROSS FROM KELLY POOL
    - 4:30 AM – 3:00 PM
    - VARIOUS VOLUNTEER SHIFTS - PLEASE REFER TO EMAIL RECEIVED

**VOLUNTEER SPECIFICS:**

- You will be outside for all 3 days: Friday, Saturday & Sunday is outside on grassy area at West Fairmount Park and at the nearby Horticultural Gardens with the Please Touch Museum, Kelly Pool and Cedar Grove as our backdrop. There is minimal shade; make sure you are ready for the weather. Expect heat, blazing sunshine, potential rain showers, etc.
- Wear SUNSCREEN and SUNGLASSES/HAT, pack a snack and lots of water. We will have snacks available for you, usually granola bars, fruit and water - but please make sure you bring something just in case. There are food trucks available both days, but please enjoy your meal outside of your shift.
- PLEASE NO EATING DURING YOUR SHIFT. If you need to eat, please excuse yourself for a brief few minutes to keep yourself sated, and then return to your responsibilities as soon as possible. Since we really need to keep these athletes in check, we ask that you enjoy your meal before your shift begins or after your shift ends. Remember, we are paying you to volunteer, and we appreciate your understanding in following our guidelines.
- Please plan to visit the Health and Wellness Expo before or after your shift. The Expo is on both Saturday 10am to 5pm, and on Sunday 8am to 11am. Get to know our Sponsors, Vendors and Food Trucks.

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**PARKING:**

- Print the parking pass attached to this email and display in your vehicle
- Nearby parking along South Concourse Drive and Belmont Avenue is also available.
- Please review the parking map attached. **Note: Do not park on grass!**

Our event will take place rain or shine... please come prepared. If you have any questions, please contact: **KEY CONTACT** – Denise Burgese at 610-800-3997 | **BACKUP** – Rachel Leal at 609-780-6910