

Roles & Responsibilities of the Race Marshal

To facilitate a safe and enjoyable cross-country race for participants and a safe environment for the general public.

In your role as Course Marshal, you may be responsible for or asked to:

1. Get assistance for distressed participants. Prior to the race start, the Race Director will ensure that Course Marshals are within reach by cell phone or FRS radios. The course marshal shall call 9-1-1 if the situation requires it; call for an ambulance even if you're unsure about the severity of the injury or illness. Inform the Race Director of the situation. You are not expected to provide any medical assistance unless you are qualified to administer first aid. Provide comfort for the injured person. Do not leave the injured runner unattended. Conscript other runners for help should you need it. If the weather is cold, you may need to provide the injured person with an extra layer of clothing. Make sure that you have appropriate clothing to protect yourself.
2. Flag a portion of the course. Place the flags so a runner can easily see at least one flag ahead and preferably two or more. Flags get knocked over or vandalized so redundancy may be important.
3. Direct runners along the course. Be highly visible to the runner. Runners are relieved to see you as your presence confirms that they're on-course. Make some noise - be encouraging. When providing directions, be unambiguous - especially when marking the 4K/8K split in the course. Remember that runners may be "brain dead" and completely unaware of where they are and how to get back to the finish. Point with your full arm. The race director may provide you with signs or arrows to assist you. Remember, if you're facing a runner your left is their right and visa versa.
4. Advise runners of upcoming hazards. Make the description short and simple and project your voice. If appropriate mark the hazard with flags or brightly coloured survey tape.
5. Inform and assist the general public to avoid conflicts. The general public has as much right to use the trails as we do. Maintaining the support of the general community and avoiding conflict is essential to the continuation of the cross-country series. If you spot a potential conflict, inform the park user about the flagged course and suggest an alternative route that they may use. Most park users are willing to follow an alternate path or wait until most of the runners have gone by before resuming their way.
6. Remove flags and/or garbage along a portion of the course. Pick up all flags and materials used for the race. It's a good idea to carry a plastic shopping bag to collect litter as you pick up the course flags. The CRR has an enviable reputation for leaving parks in better shape than we found them.