



Nordic Skiing Association of Anchorage  
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## PARENT VOLUNTEERS AT HIGH SCHOOL RACES

The NSAA ‘Green Grunts’ welcome and rely on the help of parent volunteers from the school hosting the race. While the specific number and parent volunteers needed will differ from race to race, the following describes some of the general tasks we will most often need help with.

### BEFORE RACE DAY

If you wish to create a display of unofficial times it is helpful to print out a large format list of racers. Some parents start with the published start list and work with that. If the race is not at Kincaid, the parents will also have to find or construct a board or aisle to display results.

### ON RACE DAY

For most of the races on the 2019-2020 schedule the Grunts could use roughly 6 to 12 parent volunteers from the host school, depending on the race style, venue, and number of race participants.

- 1-2 volunteers are often needed to help in the finish area, removing bibs and marshalling the skiers out – especially for mass start races.
- 2-3 volunteers are sometimes needed to assist the race timers (e.g. calling out bib numbers at the finish and posting heat results such as for sprint races).
- 1-2 volunteers may be needed to assist queuing skiers in the start area, especially for interval and chevron starts.
- 2-4 volunteers often are needed to help monitor the race course crossing for pedestrians.
- Finally, and most importantly, NSAA will need one parent to take charge of the bibs after the race (see below). These volunteers should meet me in the start/finish area about ½ hour before the race.

### ABOUT THE BIBS

Have the parent(s) who are planning to wash the bibs check in with the Bib Grunt before the race so that they know where the crates are and where to bring them when the bibs have been washed. Wash bibs in a mild soap in warm water. Tumble dry the bibs on a low heat. A high heat makes the numbers stick together and then pull off. Don't overload the dryer as the bibs will wrinkle. Lay the bibs out flat and put them in numerical order. Relay bibs should be stacked with all four colors of the same number together. The color order for each relay number is red (top), green, yellow, and then blue.

After the bibs have been washed and sorted, they should be brought to the NSAA office (203 W. 15th Ave. #204).

### QUESTIONS

Please feel free to contact me directly if you have any questions. I can be reached by email at [buzzscher@gmail.com](mailto:buzzscher@gmail.com), or phone at 907-338-1183 (home) and 907-952-6871 (cell).

Buzz Scher,  
NSAA High School Racing Coordinator