Dear Volunteer,

thank you very much for your interest in supporting us as a volunteer at the IRONMAN 70.3 Luxembourg – Région Moselle on October, 11th 2020. We are very much looking forward to seeing you again and we are so grateful for your support. This year’s edition is very special after all the restrictions everyone had to go through in the past couple of months and still your health is our first priority. Due to that we will have some adjustments in our event set up and programme to fulfill governmental instructions. Nevertheless, we are certain that you will have a fun weekend with us.

It’s important to us, that you enjoy your time with us, therefore we kindly ask you to read carefully the Volunteer Guide in order to find the best possible volunteer activity for yourself. If you have any further questions, please do not hesitate to contact us (luxembourg@ironmanvolunteers.com oder +49 69 300 643 226).

All volunteers will be equipped with a volunteer shirt, cap and volunteer bag. This year’s sling bag consists of recycled plastic and if you turn it inside out it’s going to be a beach towel.

We will assign volunteer activities based on need, availability and experience. Despite that, we recommend you to register fast – first come, first served.

Once again, THANK YOU so much for your interest! We are looking forward to welcoming you at the IRONMAN 70.3 Luxembourg – Région Moselle 2020.

Your IRONMAN Team
Volunteer 2020

Volunteer Outfit

Volunteer Shirt 2020

Volunteer Visor 2020
Volunteer 2020

Volunteer Gift
Towel-Sling Bag

REASONS WHY

With this towel bag you actively support the plastic disposal from the ocean and the beaches.

Through the usage of recycled plastic, no raw oil is being used. 78% of CO₂ emission will be saved during production.

With every towel bag 23 plastic bottles were recycled.
Volunteer-Activities 2020

Registration - Packing of athlete and volunteer bags & starter kits:
- Packing of all athlete backpacks and volunteer bags, as well as the starter kits
Working Time: October 7 09.00am till 05.00pm

Place of Action: Perl-Besch

Registration:
- You will be one of the first contact points at the event venue, therefore, you will experience the nervousness and anticipation of the athletes just a few days before their big day
- You will explain them their starter kit and give them useful information

Working Time: October 9 10.00am till 03.30pm
03.00pm till 08.15pm
October 10 07.00am till 01.30pm
01.00pm till 07.30pm

Place of Action: Remich
**Registration – Iron Girl:**
- On Saturday our Iron Girl will take place in Remich, to make sure that all girls will be set and ready, we need you at the Iron Girl registration
- You will help us to hand out starter kits and shirts

**Working Time:** October 10  11.30am till 06.00pm

**Place of Action:** Remich

**Iron Girl:**
- Support implementation (course marshals, finish line) of the Iron Girl

**Working Time:** October 10  05.00pm till 09.00 pm

**Place of Action:** Remich
Swim Course:
- Enjoy the breath-taking atmosphere at the swim start
- The excitement of the participants will cause goosebumps for all parties involved
- You will be positioned directly at the start and ensure that the participants enter the water timely-matched
- Support the swim exit of the athletes

Working Time: October 11 07.45am till 11.30am
Place of Action: Schengen

Support of Handcycle Athletes:
- the IRONMAN 70.3 Luxembourg – Région Moselle is a qualifier race for all handcycle athletes for the IRONMAN 70.3 World Championship Utah as well as for the IRONMAN World Championship in Kailua - Kona
- Support of handcycle athletes at the swim entrance and exit, partially in transition area

Working Time: October 11 07.45am till 04.00pm
Place of Action: Schengen
**Radstrecke:**

**Course Marshals**
- Enjoy the IRONMAN flair and be part of one of the most responsible sectors
- Ensure the road closures and a smooth process of the event
- Motivational words towards the participants will give them additional power
- Announce potential danger spots
- Inform pedestrians about the sporting event and especially about the bike course

**Working Time:** October 11  08.15am till 05.00 Uhr (Depending on place of action)
**Run Course:**

Course Marshal:

- Enjoy the IRONMAN flair and be part of one of the most responsible sectors
- Ensure the closure of streets and therefore, a smooth process
- Motivational words towards the participants will give them additional power
- Announce potential danger spots
- Inform pedestrians about the sporting event and about the run course especially

**Working Time:** October 11 10.15am till 06.15pm

**Lap Bands:**

- You will hand out lap bands for each lap an athlete has finished, so their counting is simplified

**Working Time:** October 11 10.00 am - 06.00 pm
**Transition Area**

- Triathlon is defined by its transition area, due to the fact that the transfer from one discipline into another one takes place over here.

- Being close to race action will give you goosebumps.

- Supporting athletes during Check-In on Saturday.

- On Sunday morning you will take care of the after-race bags by collecting them and sorting them.

**Working Times:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>October 10</td>
<td>08.00am till 03.30pm</td>
<td>Bike Check-In</td>
</tr>
<tr>
<td>October 10</td>
<td>03.00pm till 09.30pm</td>
<td>Bike Check-In</td>
</tr>
<tr>
<td>October 11</td>
<td>04.30am till 10.00am</td>
<td>Support Transition Area</td>
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<tr>
<td>October 11</td>
<td>10.00am till 03.30pm</td>
<td>Support Transition Area</td>
</tr>
<tr>
<td>October 11</td>
<td>03.00pm till 09.30 pm</td>
<td>Bike Check-Out</td>
</tr>
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**Place of Action:** Schengen
Finish Line

- You will experience one of the most emotional moments of the day, as athletes will express their feelings as soon as they cross the finish line.

- Preparation of water cups

  Working Time: October 11 11.00am till 06.30pm
  Place of Action: Remich

Athletes Garden:

- After crossing the finish line athletes are just relieved and satisfied about achieving their goal, however they cannot move properly anymore, therefore they need your help:
  - Catering (Preparation of food and drinks)
  - Finisher Shirts and Medals
  - After-Race Bags

  Working Times:
  October 11 10.00am till 06.30pm Catering
  October 11 09.30am till 06.30pm Hand Out After-Race Bags
  October 11 11.15am till 06.30pm Hand Out Finisher Shirts and Medals
  Place of Action: Remich
## Overview of Volunteer Activities based on Event Days:

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<th>WORKING TIME</th>
<th>DESCRIPTION</th>
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<td>Registration - Packing</td>
<td>09.00am till 05.00pm</td>
<td>Packing of starter kits and athletes backpacks + volunteer sling bags</td>
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<tr>
<td>FRIDAY, 09-10-2020</td>
<td>Registration</td>
<td>10.00am till 03.30pm</td>
<td>Hand out of starter kits and backpacks</td>
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<td></td>
<td>Registration</td>
<td>03.00pm till 08.15pm</td>
<td>Hand out of starter kits and backpacks</td>
</tr>
<tr>
<td>DAY</td>
<td>ACTIVITY</td>
<td>WORKING TIME</td>
<td>DESCRIPTION</td>
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<tr>
<td>SATURDAY, 10-10-2020</td>
<td>Registration</td>
<td>07.00am till 01.30pm</td>
<td>Hand out of starter kits and backpacks</td>
</tr>
<tr>
<td></td>
<td>Registration</td>
<td>01.00pm till 07.30pm</td>
<td>Hand out of starter kits and backpacks</td>
</tr>
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<td></td>
<td>Registration– Iron Girl</td>
<td>11.30am till 06.00pm</td>
<td>Registration</td>
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<tr>
<td></td>
<td>Iron Girl</td>
<td>05.00pm till 09.00pm</td>
<td>Course Marshal, Finish Line</td>
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<td></td>
<td>Transition Area</td>
<td>08.00am till 03.30pm</td>
<td>Bike Check-In</td>
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<tr>
<td>SUNDAY, 11-10-2020</td>
<td>Swim Course</td>
<td>07.45am till 11.30am</td>
<td>Assistance at swim start and exit</td>
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<tr>
<td></td>
<td>Support Handcycle Athletes</td>
<td>07.45am till 04.00pm</td>
<td>Assistance at swim start and exit</td>
</tr>
<tr>
<td></td>
<td>Bike Course</td>
<td>08.15am till 05.00pm</td>
<td>Course Marshal</td>
</tr>
<tr>
<td></td>
<td>Run Course</td>
<td>10.00am till 06.15pm</td>
<td>Course Marshal, Lap Bands</td>
</tr>
<tr>
<td></td>
<td>Transition Area</td>
<td>04.30am till 10.00am/ 10.00am till 03.30pm/ 03.00pm till 09.30pm</td>
<td>Support Transition Area/ Check-Out</td>
</tr>
<tr>
<td></td>
<td>Finish Line</td>
<td>11.00am till 06.30pm</td>
<td>Hand out of drinks</td>
</tr>
<tr>
<td></td>
<td>Athletes Garden</td>
<td>09.30am till 06.30pm</td>
<td>Catering, Finisher Shirt and After-race bag hand out</td>
</tr>
</tbody>
</table>