

Pow-Wow Days Workers Sign Up Sheet

[Pow Wow Days Race Map - Google Earth](#)

Initial Set-Up □ Connor Ahrens, Stephanie Ahrens, & Jacob Armstrong (5:00 a.m.) @ Memorial Park
Bill Turgeon (5:30 a.m.)-setting up finish line/barricades/tables/signs etc...

Bicyclists (8:00 a.m.) □ Kathleen Thorn (leads 5k & 1mi fun run) & Randy Ahrens (leads 10k)

*You will need your own bike. 5k & 10k races start at 8:30 a.m. with kids 1 mile fun run at 9:30 a.m.

Emergency Bicyclist □ Charlotte Ahrens (Bikes 5k and 10k course multiple times checking for overly fatigued, injured or hurt runners)

Water Stations (6:30 a.m.) □ All water jugs, cups, and tables must be picked up at Veterans Memorial Park then distributed to your station. If you own a portable table please let me know.

1. Kings Rd (10K-1 mi/5 mi 5K-2 mi)- Jessie Stromberg (also providing a table) (500 cups & jug needed)
2. Bradley Farm Rd (5K/10K-2 mi+ 5K)- Kimberly Gibeault (300 cups/TWO jugs/table)
3. Corner of E King Rd. & Kings Hill Drive (10K- roughly 1.5 mi/4.5 mi)- Marne Renn & Katlyn Larson (Incredible Bank providing 100 cups & extra cups if needed and table...need jug though)
4. Kings Dam (10K-3 mi turn around on top of Kings Hill)- Terry Mann (100 cups cups/jug/table)
5. Kings Road-Carolyn Van Asten - (supplies her own cups, jug, and table)

Pre-Registration Stations (6:45 a.m. - 8:25 a.m.) □ [Instructions](#)

10K (bib, t-shirt, and wristband...then highlight name)

A-K Andy & Nicolle Shaney

L-Z Tami & Nick Rosenmeier

5K (bib and t-shirt...then highlight name)

A-B Brad & Samantha Montag

C-G Shirley Derleth & Rita Lee

H-K Beth Voermans

L-O Corey & Rachel Palmer

P-S Scott & Sam O'Connor

T-Z Erin Wells & Mike Nelson

Fun Run (bib and t-shirt...then highlight name)

A-L Sarah Mann

M-Z Bridgette & Mike Reilly

Back up Registration Table & T-shirt helper □ Heidi Micke

Day of Registration [Instructions](#) & [Prices](#)

5k □ Whitney Hribar (Health in Motion)

10k & Fun Run Day of Registration □ Matt Kurilla (Health in Motion)

Money Collection & T-shirt Distribution for Day of Registrations □ Margie Welke

Bib Distribution □ done in each area by Pre-Registration Worker Stations and Day of Registration

Prize Drawings □ Hand out in finish chute – Laurel Reinke

5k/10k Finish Line □ 5K medals - (gold)=Heather Gaedtke (silver)=Rachel Morrison (bronze)=Rachel Palmer

medals & trophies checklist – 5K- (males) - Bob Lee 5K- (females) - Rita Lee

10K medals & trophies-Beth Voermans(every 10K finisher gets a medal)

Additional Finish Line Help=Sarah & Norah Mann

Fun Run Finish Line Rita Lee (check list) and Sarah & Norah Mann (medals)
DQ certificates for kids race- Bob Lee

Medical personnel □ Aspirus ambulance 8:15-11 am
Pictures 5K/10K/Fun Run □ 1st/2nd overall for media (2 @4 pics) - Bridgette Reilly

Timing System(s) □ Chronomix clock- Abigail Gutbrod to start clock (approx. time...not back-up)

Food Table □ Monitored by Northwoods Vineyard Church Group...food picked up by Aimee Dickrell (Trig's)

Bottled Water Distribution Station □ Nate Nelson & Northwoods Vineyard Church Group
*Bottled water & popsicles provided by Northwoods Vineyard Church

Chute Assistance □ keep order-Jacob Armstrong & Stephanie Ahrens

Calling out Splits □ 5K/10K (mile mark)- Tim Welke (need stopwatch or cell phone)
10K (turn around)- Todd Frederickson (will use cell phone) -->bring back barricade & signs

Course Assistance □ 1) 5K Iverson's turn (5Kers turn into school grounds)- Darrell and Jean Mroczenski
2) 10K turn- Nate Zastrow (pick-up cones and lock gate-key)
3) 5K/10K- Tera & Joe Mattke (8th St/Lincoln-send cars down 8th to avoid "head-on")
4) Kings Rd / Park Ave & Kings Rd / Golden Age- Erin Wells & Mike Nelson
5) Finish Line Corner – Connor Ahrens (direct runners to chute –clear path)
6) Intersection of Somo & 6th - Lion #3 & Tomahawk Police Department

Most Patriotic Attire Costume Judges □ Emree & Jennifer Quesinberry (award 1st, 2nd, & 3rd place trophies)

Lions Assistance □
At intersections
6th St/Prospect Ave -Lion #1 (make sure no vehicles try to park in start area and keep roadway clear by finish line and watch cross traffic down Lincoln as athletes are finishing)
Lincoln/6th St- Lion #2 (make sure *all* athletes turn down Lincoln Ave, keep vehicles from parking on 6th street and watch cross traffic down Lincoln as athletes in the 5K are finishing)
Somo Ave/6th St- Lion #3 (make sure athletes come back in on 6th street to finish and bring sandwich board back from Somo/6th when done)
Somo Ave/School Rd -Lion #4 (direct athletes to stay on sidewalk on Somo and bring sandwich board back from Somo/School when done)

THS XC Athletes □ lead kid's race around 9:30 a.m. after keep kids on sidewalk

Kids' Race □ see above, etal—recorder (see sheet), pass out medals (M/F) 1st-3rd. 6 & under, 7-9, 10-12, & DQ cert

Lead Kids' Race around 9:30 a.m. □ lead bicyclist for kids' race—Kathleen Thorn

National Anthem □ WJJQ (play at 8:20—10 min prior to start of race which is at 8:30 a.m.)

Timing Company □ Prime Time Timing - Logan Gullickson

Clean-up Post Race □ Only need 7 people for clean-up post kids' fun run

- Connor Ahrens
- Stephanie Ahrens
- Jacob Armstrong
- Bill Turgeon
- Aimee Dickrell
- Randy Ahrens
- Charlotte Ahrens

*****Unless otherwise noted, volunteers should arrive by 6:45 a.m. to Veteran's Memorial Park.*****