

Thank you for volunteering for the FRCF 2011 Master's Championships. As the event draws near, I would like to review a few items with you. We would like to make this event run more smoothly than ever and we couldn't do it without your support. The original shifts are listed below. Please make sure to take a look at your shift time/s that I emailed to you, and make sure you are at FCRF early enough to check in, get your assignment, and make it to your station on time.

Shifts:

Shift 1 Friday, October 14th, 6:00 PM – 8:00 PM Setup, Registration
Shift 2 Saturday, October 15th, 7:00 AM – 1:00 PM, Morning Shift
Shift 3 Saturday, October 15th, 12:30 PM– 6:00 PM, Afternoon Shift
Shift 4 Sunday, October 16th, 7:00 AM – 1:00 PM, Morning Shift
Shift 5 Sunday, October 16th, 12:30 PM– 6:00 PM, Afternoon Shift
Shift 6 Sunday, October 16th, 5:00 PM – 7:00 PM Teardown

Location:

Front Range CrossFit, Inc.
1338 S. Valentia St. Suite #182
Aurora, Colorado 80247
(Check in will be in Suite #180)

Parking:

With the exception of the west side of the building, we will have all of the parking spots in the complex for our use. All overflow parking will need to take place in the old Albertson's parking lot just south of FRCF. WE CAN NOT PARK ON VALENTIA OR IN THE CAR CENTER TO THE WEST OF OUR BUILDING!!!! Please help us maintain good relations with our neighbors. Please work with us on this issue.

The Venue:

FRCF has two suites in the Parker Road Business Complex. We will use our Weightlifting gym, Suite 180, as the warm up area and registration area. Suite 182, our CF gym, will be the competition area. Outside, behind the building, we will have vendors, affiliate tent city, and any outdoor events.

When you Arrive:

Please check in to Suite 180 when you arrive each day. You will be given your t-shirt for that day, a wrist band, and your assignment. You will be directed where to go and who will be in charge of that team. Your team leader will show you what to do. Please stay at your assignment for the full shift (other than bathroom breaks). If you must leave the venue for any reason, please notify your team leader and/or the person in charge of volunteers at the check-in table.

What to Bring:

Take a look at the weather forecast. The weather could change throughout the day. Be prepared for rain, snow or heat and sunshine. Wear shoes you can stand in all day. Bring sunblock, a hat & gloves, food and a water bottle, a rain jacket/winter coat. Be prepared for long days. FYI: most vendors will only take cash.

Food:

We have the Paleo Wagon on site for this event. John catered the after-party for this year's Regional Games and we had the wagon at the Colorado Open and the food is AWESOME!! It is all Paleo/Primal

food. He will be at the event both days. You have to try it to believe how good it is. You will also be allowed to bring any other food you would like into the venue in your own cooler/bag.

Beer:

The Copper Kettle Brewing Company will have a huge tent at the front of the building. They are a micro-brew house that makes incredible beer. They will be serving from noon till 10 PM on both days.

Event Schedule:

We will publish the first three events as well as the heat sheets for Saturday's events on Thursday night at 8 PM.

Saturday

7:00 AM Volunteers and Judges arrive
8:00 AM Opening Address, Athletes start warming up
9:00 AM Heat #1
4:30 PM Last Heat Finishes
4:45 PM Announcement of Sunday's Workouts

Sunday

7:00 AM Volunteers and Judges arrive
8:00 AM Athletes start warming up
9:00 AM Heat #1
5:00 PM Last Heat Finishes
5:15 PM Awards Ceremony
5:30 PM Clean Up

Questions:

If you have any questions, please direct them to me by replying to this email. If issues come up, I will email everyone again prior to the event. Otherwise, I will see you there!

Thank you again for volunteering. We are all looking forward to a great event!

I look forward to working with you.

Jodi