

**Oakland Gran Fondo
AID STATIONS
SUNDAY, OCTOBER 23, 2016**

Thank you for volunteering! Your role in this event is so important; we literally could not do it without you.

Please search for your name or group below for more information. Any questions email dave.mann@bikeeastbay.org

It's absolutely critical that we know ahead of time if you are not going to make it. We will not be able to check emails, etc. the day before the event as we will be out setting up. Thanks!

Station	Description
Water Station	See detailed directions attached
	<ul style="list-style-type: none">• Part Cheerleader: Cheer the bikers on. Get up, get excited, and keep them moving. Be creative, decorate your hydration station in a theme, bring a radio to play music, wear funny hats – you'll be part of the inspiration. Use words of encouragement like "Good job!" "Keep going!" "Dig deep, you can do it!"• Hydration: As bikers pass by, let them know you're there to support them with water, Nuun, Gu Gel, Clif Bars and other treats• Restroom: We will have a porta toilet at each aid station for each of our volunteer groups and the participants.
Medical	<p>You should call 911 first if there is an emergency. Then notify our medical team. Emergency contact numbers are below.</p> <p>Ryan Coelho: 408.515.2860</p>

Water Station Set-Up

We truly appreciate your support in making this a community supported event a success. You are making a difference! **Call 911 first if there is an emergency. Please bring your cell phones. Please go straight to your station in the morning.** Supplies will be dropped at your location in the morning of the event.

Bike Aid Station

Hydration Station Supplies:

- 1-2 Tables
- Backup Water in 5 gallon containers
- Garbage Bags
- 1-2 Orange Cooler
- 1-2 Nuun Coolers

Bike Aid Station 1	Routes that will use this aid station: 28, 55, 100 mile rides
Location	Redwood Rd & Pinehurst Rd
Directions	Click Here
Volunteer Team	GU Energy
Number of volunteers	5
Supplies	Water, Nuun, Snacks, Gu Gel and Treats – Full Stop
Timeline	First Biker – 7:15am Last Biker – 1:00pm Suggested Arrival – 7:00am

Bike Aid Station 2	Routes that will use this aid station: 28, 55, 100 mile rides
Location	Pinehurst Rd & Skyline Blvd
Directions	Click Here
Volunteer Team	Sports Basement, Oakland Yellowjackets and VeloRaptors
Number of volunteers	3-4
Supplies	Water and Nuun Beverage
Timeline	First Biker – 7:25am Last Biker – 1:30pm Suggested Arrival – 7:00am

Bike Aid Station 3	Routes that will use this aid station: 55 and 100 mile rides
Location	Palo Verde Rd & Palomares Rd
Directions	Click Here
Volunteer Team	Bike Walk Castro Valley
Number of volunteers	5
Supplies	Water and Nuun Beverage, Clif Bars and Gu Gel and treats Pop-up Tent
Timeline	First Biker – 7:45am Last Biker – 1:00pm Suggested Arrival – 7:30am

Bike Aid Station 4	Routes that will use this aid station: 100-mile ride
Location	Palomares Rd & Vogel Ln/Near Gate – Top of Hill
Directions	Click Here
Volunteer Team	Ride for a Reason
Number of volunteers	3-4
Supplies	Water and Nuun Beverage
Timeline	First Biker – 8:00am Last Biker – 10:00am Suggested Arrival – 7:45am

Bike Aid Station 5	Routes that will use this aid station: 100-mile ride
Location	Calaveras Rd & Valley Crest Tree Entrance
Directions	Click Here
Volunteer Team	Valley Spokesmen
Number of volunteers	3
Supplies	Water and Nuun Beverage, Clif Bars, Gu Gel and Treats
Timeline	First Biker – 8:45am Last Biker – 11:00am Suggested Arrival – 8:30am

Bike Aid Station 6	Routes that will use this aid station: 13.5 mile ride
Location	Middle Harbor Shoreline Park
Directions	Click Here
Volunteer Team	Walk Oakland Bike Oakland
Number of volunteers	5
Supplies	Water and Nuun Beverage, Clif Bars, Gu Gel and treats
Timeline	First Biker – 9:20am Last Biker – 11:30am Suggested Arrival – 9:00am

Water Station Set-Up (continued)

Aid Station Clean-Up (All remaining supplies will be taken to finish line by Operations Teams):

- When notified by Sweep vehicle that last biker has passed, it's time to break down.
- Scan entire area for garbage and place in trash can
- Collect empty jugs.
- Our team will pick the supplies up. You are free to leave when the last biker has passed.
If you choose come to the finish area for some food and festivities.

End of Aid Station Information