



SO YOU'RE GOING TO BE SUPPORT CREW...

So, a friend or family member has asked you to be their support crew for the Angry Seagull Adventure Race and you're as nervous as the racers. Here's some info to paint a picture of how it all works, your main tasks, and the little extras you can do to help your team.

First of all, what's a support crew? Primarily, your job will be to drive your team's gear bins, water and bikes to each of the transition areas (TA's). You'll be providing food, re-filling water bladders, and most importantly, giving them lots of encouragement as they transition from one discipline to another e.g. trek-to-bike, bike-to-canoe.

Some things that you may want to bring for your time as support crew include: a headlamp or flashlight, a folding chair, clothes for all weather (race runs rain or shine or cold!), bug spray, sunscreen, a book or crosswords or magazines, and snacks & drinks for the 24-hour period.

Teams will receive support crew information at race check-in which will include directions to the TA's and support crew instructions. Once you get your support crew info and your team has had a chance to look at their race directions, you may want to ask your team if they have any "special requests" for each TA – i.e. they want their bike shoes untied and clothes laid out at one TA, or a favorite snack/drink ready for them at another. Some teams will simply want their gear bins and a chair ready when they arrive. It may sound silly, but these little things go a long ways towards helping them transition efficiently.

When you arrive at a transition area, remove the gear bins from your vehicle and arrange them so that racers will have space to sit, get changed, and prepare for the next leg. Set up any "special requests" they have made, and have their gear ready for the next discipline (bikes, helmets, and bike repair gear ready for biking; paddles and PFDs ready for canoeing).

Then the waiting game begins!

You'll be spending A LOT of time waiting for your team to arrive. Take this opportunity to get to know the other support crews, catch up on some reading, even take a nap. Don't worry if your team is the last to arrive – every team will be stronger in some disciplines than others, and every team will have different goals for the race. It's not always about winning – just completing a 24-hour adventure race is a huge accomplishment!

Cheer your team on as they arrive. They will be dirty, tired and possibly cranky; getting some encouragement from a familiar face will help perk them up to get ready for the next leg of the race.

Little extras you can do that help a tonne:

- Re-fill water bladders
- Cut up some fresh fruit for them - oranges, bananas
- Put wet clothes into dirty clothes bags (Warning - They will be smelly!)
- Grab any empty wrappers & garbage they may have collected in their packs

Once everyone has re-fueled and dressed for the next discipline, they're ready for the next leg. Encourage them as they leave the transition area, and you'll see them again soon.

Well done! Now, re-pack the bins, gather up any garbage left behind by your team, load bikes onto your support vehicle, and you're off to the next TA where you'll do it all over again!

Your team may not show their utmost appreciation for all your hard work while they are in "race mode", but they will at the finish. They'll have some amazing stories to share with you about what happened out on the course and you'll have some amazing stories to share with them on what happened at the transitions.

Good luck and have fun!