



ROUTE CREW TRAINING

Everything you need to know about being a Susan G. Komen 3-Day route crew member.

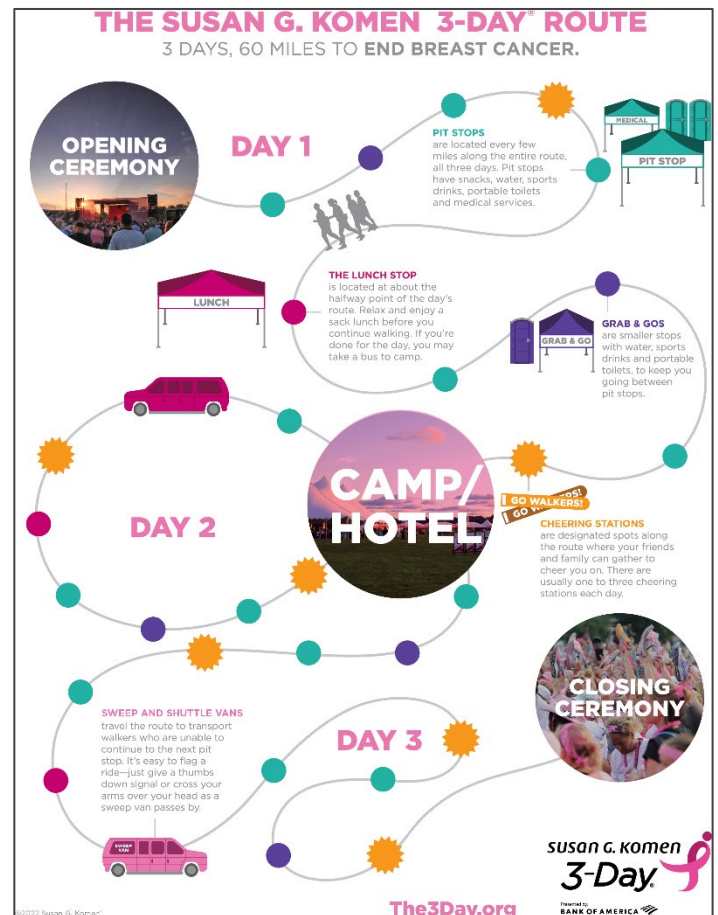
We are excited to have you as a member of the route team. It takes many people with many skills and talents to create a memorable Komen 3-Day experience along the route. Please read on for everything you need to know about being a member of the route team. Your Crew & Volunteer Coordinator loves hearing from you, so please don't hesitate to reach out with any questions you may have.

CREW STRUCTURE

Our crew is divided into two separate — but equally important — groups, crew stationed on the route and crew stationed in camp.

Route crew members are responsible for safely moving the walkers forward on the route and encouraging them every step of the way.

The camp crew members are responsible for helping to create a home away from home at the campsite by providing services and activities to make everyone feel welcome and comfortable.



THE 3-DAY® PINK BUBBLE

The 3-Day route is like no other! You create an experience for walkers that is both exciting and magical. The route crew makes our walkers feel special and keeps them moving forward on their incredible journey.

ROUTE MARKING

The Route Marking team begins on Thursday morning, placing official signage along the route to provide direction and encouragement to the walkers.



ROUTE CARDS

Walkers will receive a route card on Friday morning (both a paper copy and a digital version sent via text) that gives an outline of the days' routes and how many miles between pit stops and overall for the day.

SUSAN G. KOMEN 3-Day **SAN DIEGO | DAY 1**
Friday, November 19

MILE MARKER	HOURS
OPENING CEREMONY 8500 La Jolla Village Drive, San Diego, CA 92121 8:00 AM - 9:00 AM	6:45 a.m.
PIT STOP 1	9:00 - 9:05 a.m.
CHEERING STATION 1 14500 Camino San Diego, San Diego, CA 92127	9:30-10:30 a.m.
PIT STOP 2	10:30-10:50 a.m.
PIT STOP 3	9:30-10:25 a.m.
CHEERING STATION 2 14500 Camino San Diego, San Diego, CA 92127	9:05 a.m.-12:40 p.m.
LUNCH 14500 Camino San Diego, San Diego, CA 92127	12:00 a.m.-1:45 p.m.
GRAB & GO A	1:30 a.m.- 2:15 p.m.
PIT STOP 4	12:00 - 1:30 p.m.
CHEERING STATION 3 14500 Camino San Diego, San Diego, CA 92127	12:30-4:25 p.m.
CAMP 14500 Camino San Diego, San Diego, CA 92127	1:00 p.m.
ROUTE CLOSURE	5:30 p.m.

ROUTE STOPS

On all three days there are route stops positioned approximately every 3 – 5 miles along the route. Route stops give walkers a place to rest, rehydrate and relieve themselves. Each route stop has a designated opening and closing time to ensure the route is ready and safe for the walkers and that walkers finish the day's route before sundown.

Pit stops have snacks, water, sports drinks, portable toilets and medical services.

Grab & Gos are smaller stops along the route with water, sports drinks, and portable toilets but no snacks or medical services.

At the lunch stop, walkers can relax and enjoy a sack lunch before continuing along the course. Walkers who are done walking for the day may take a Sweep & Shuttle van from lunch to camp.

CREW EVENT VEHICLES

Several types of vehicles support walkers along the route and other vehicles are used solely for crew transportation.

Pit stops use a passenger van along with a 15-foot Budget truck or cargo van to move their crew members and supplies from location to location.



The Lunch crew uses two passenger vans along with two 15-foot Budget trucks to move their crew members and supplies from location to location.



Each Grab & Go is assigned two mini-vans to transport crew and supplies.



Route Support crew travel along the route in mini vans and trucks to haul water, snacks and trash to and from each route stop.

Route Safety crew use their own personal motorcycles or bicycles to travel along the route monitoring busy intersections and trail areas that are inaccessible to support vehicles.



WALKER SUPPORT VEHICLES

Two crew teams support walkers on the route and help to keep them moving forward.



Sweep & Shuttle Vans are passenger vans that transport walkers forward on the route if they cannot make it to the next pit stop.



The Support Services team travels the route by car and transports non-emergency walkers or crew to the hospital when dispatched by Support Services Staff.