

## **FRUIT/ICE ROSTER DUTY HANDY HINTS**

**An important part of the Darwin Triathlon Club run events are the post-race refreshments. This guide has been developed to help you with the “Fruit & Ice” roster duty for those events.**

This volunteer position requires you to shop for post-race refreshments & ice and to bring them to the event prior to race start. You don't have to buy cups, plates, garbage bags, etc. as they are generally purchased by the club's “Equipment Manager”.

### **1. How much should you spend?**

We usually say to budget around \$100 - \$120 for a larger field of around 75.

If unsure, check with the Race Director (RD) on how many participants we are expecting at the event you are volunteering for.

### **2. How much ice to buy?**

Normally purchase 6 bags of ice from the service station (e.g. Fannie Bay closest to Lake Alexander) on race day on the way to the event. You may need more or less, depending on the type of race. Check with the RD.

### **3. What should you buy?**

There are no hard and fast rules about what and where to purchase. We like to promote natural (unprocessed) and nutritious food. It can be in-season fruit (watermelon and bananas are always popular), dried fruit (e.g. dates etc.). Soft drinks and coconut water is also popular. Some people purchase food from local markets. As the volunteer, you can take the opportunity to introduce something different if you wish. If you are extra keen and depending on the event (championships, X-mas event, time of the day, etc.), you could consider additional items for the ‘menu’ such as ‘bacon & egg sandwiches’, ‘frozen berries & yoghurt’, etc. Check with the RD about budget and drink stock.

### **4. Do you have to supply trays, knives etc?**

The club has a supply kept in the trailer but if you would prefer to bring your own for convenience, please feel free to do so.

### **5. Do you have to cut-up fruit?**

All food (fruit, etc.) should be served so it is easy to eat. If you wish to race yourself, it is your responsibility to organise someone (e.g. spouse or volunteer from people not competing) and ask if they could help you with the set-up and food preparation while the event is in progress.

**6. What do you do with the bags of ice?**

Please make sure the ice gets tipped into our drinks esky. If the race director is setting up a water station, he/she may require a bag or two for this purpose, please check with them.

**7. Who pays?**

Any expenses incurred are fully reimbursed. Preferably (to prevent the loss of documents), scan all your receipts and email them through to [darwintriclub@gmail.com](mailto:darwintriclub@gmail.com) for reimbursement.

Remember to include your name and bank account details.

Alternatively, if you don't have access to a scanner, you can also put the receipts in an envelope, with your name and bank account details on the front, to be given to the club treasurer who will then pay directly into your account. Please note, we are unable to reimburse in cash.

**Thank you for volunteering.**

