

Audi Best Buddies Challenge  
Sept. 8, 2012 \* Hearst Castle, CA

EVENT INFO

MOTEL ACCOMMODATIONS:

- Ragged Point Inn and Resort  
19019 Highway 1  
Ragged Point, CA 93452
- Most rooms are KING or Double/double
- About 15 miles north of San Simeon

EVENT SITE: See Google map

- The warehouse is across the street from Sebastian's, and arrows point to which building. It will be very congested.

FRIDAY ARRIVALS:

- If you are coming in on Friday, and are arriving before 8pm, you can drop your table at the warehouse. There is overnight security. Be sure your table is identified; you may want to put your name on the underside of your table.
- Please let me know if you will be **extremely late** on Friday (past 10pm), so that your room key is left for you.

SATURDAY ARRIVAL:

- Plan on arriving BEFORE 11am (even if it's 10:59) so you can drop your table.
- At NOON the first riders will be approaching and the finish line shuts down to vehicles.
- Parking is on the other side of The One; there are shuttles from the parking lots to the finish line.

WHAT WE DO / HOW WE DO IT:

- As the first riders arrive, we will start giving out 15-minute appointments; some of you will be asked to rotate to the registration table and to cover breaks.
- The appointments are small color coded cards, we track rider numbers.
- We have over 50 people –but only have room for 38 tables.
- We will also have massage chairs for the spare people.
- We will be squished in!
- Since it is a 15min time slot, the rider will have 15 min to get on the table, get treatment, get off the table, and you wipe the table down.
- It will be fast paced, you will do compression, stretch, and some “make nice”.
- You will need to be really ok with “time is up” we try to maintain strict time schedules
- For the most part, the rider will be prone, most complain of upper body – neck/shoulders or legs.
- You will find that a paper towel at the head and let them turn their head from side to side is really OK.
- At 4:30 I will check in with you – if we still have something left in us we will go 3 more appointments, at 5:30 we will start calling it quits – and massage any who come who have ridden all 100m – we may get 2 or 3 at this point.

CHECKING IN AT THE WAREHOUSE ON SATURDAY: You will get a table cover, wipes, hand sanitizer, paper towels, table number, break schedule and, hopefully, a t-shirt that is almost the right size!! I will also have first aid stuff, tape, etc., and a name tag.

ATTIRE: Please wear tan pants, or very tidy jeans. We are billed as “professional massage”!  
This means NO raggedy pants or really short-shorts, thanks! Shirts are coral.

BREAK SCHEDULE:

- There will be one MT covering 4-6 tables
- They will have the schedule –when it's break time, go – if you have to “go” before your break, summon me or your break covering person.
- There is an awesome lunch available behind the massage warehouse. We will have water, fruit & chips in our area.

**SET-UP:**

- I hope to line everyone up by size – size being your table height.
- Since other people may be working on your table, please let me know if you have any table etiquette requests – i.e. Ambra does not permit shoes on her table
- Tables cannot be adjusted for breaks – Experienced MT's will be first line break coverers.

**TIPS & BUSINESS CARDS:** Yes, ok to both – however, you should be quick to offer your card and accept the tip politely – you will not have time to write down their name etc. Someone is next on the table!!!

**LATE COMERS:** (meaning riders) If they do not arrive within 5minutes, I will give their appointment away to anyone waiting. The late rider forfeits the appointment.

**FOOD:** (round two) Breakfast and lunch food will be supplied. Saturday supper is at the Cliff House BYOB. Please RSVP for Supper!!

**EXTERNSHIP TIMESHEETS:** DO NOT forget to bring one with you to have Cynthia sign.

**CANCELLATIONS:** You MUST let Cynthia know if you are unable to make it. Stuff happens, but you MUST call or text her to 781.588.0864 If texting, please include your name, example “Jan Peter will be absent” so I know who you are!