



Audi Best Buddies Challenge * Sept. 6, 2014 * Hearst Castle, CA

Greetings, All!!

Lovely New England Weekend for me!

So now, back to the business at hand. Please read it all!!!

Thanks to all who are volunteering! This goes with out saying!!

Important info:

- You will be staying at the Ragged Point Inn. This place is non-smoking(including grass..). I really hope you like each other!! Wendy, Allys, Ambra, Rachael, Michael, Bryan, Chris, Tami, Cyn & Patrice & Mary will be in Cliff House, Everyone else will be in the Inn. Cliff house gets wine & cheese –don't you love it!! And the Cliff House group will be primarily at the VIP tent. We MUST leave RP before the 10am mini ride starts – I think we should try to carpool since we will all be going back there (for more wine & cheese) Sat PM.
- Arriving: If you arrive on Friday before 8pm you can drop your table off at the warehouse, there is overnight security. There is a map of the finish line on my website and at the end of this. On Saturday – there are a few of you coming Sat. AM – you should 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 gets shut down to vehicles. Note on the map – you will park on the other side of Rt1 there are shuttles from the parking lots to the finish line.
- Those arriving Friday – **please let me know what time you expect to arrive so that I can alert the hotel for really late arrivals.** Please also let me know **who you are carpooling with** so I can help you with **table lugging**, meaning if there are 3 in your car – I will probably ask you to bring just 2 tables.
- Those arriving early Friday, I will ask you to help with setup on Friday afternoon and also help with the run/walk which is Saturday at 9AM. The bestbuddies.org website will give you the schedule.
- What we do/how we do it... in case this is your first time doing this. As the first riders arrive, we will start giving out 15min 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 40 people –but only have room for 30 tables. 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". Take it easy, it's a long day, you don't need to get real fancy w/your techniques! You will need to be really ok with "time is up" For the most part, the rider will be prone, most

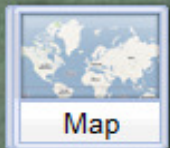
complain of upper body – neck/shoulders or legs. You will find that a paper towel at the head and let them turn their head from side to side is really OK. At 4:30 I will check in with you – if we still have something left in us we will go 3 more appointments, at 5:30 we will start calling it quits – and massage any who come who have ridden all 100m – we may get 2 or 3 at this point.

- Med Emergency: we will have EMT's standing by for any one who needs higher level of care.
- 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.
- Please wear – very tidy pants, NO SHORT-SHORTS – we are billed as “professional massage” – please no raggedy pants or really short-shorts, thanks! Shirts are Coral (some of us will have green)
- 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 y'all 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 - meaning Ambra does not permit shoes on her table, even Mrs.Gov ☺ and yes, the famous folks will be around.
- 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 5m – I will give their appointment away to any one waiting. The late rider forfeits the appointment.
- Tables – round two – SOME will not need to bring TABLES – it will be based on CARPOOLS! Chair – I may ask for one – let me know if you have one. Generally, the riders want the table --- you will not need OIL, SHEETS, TABLE COVER(I provide this)
- FOOD – round two – there will be muffins etc in AM at the finish, lunch also. Supper on Friday on your own; Saturday at Cliff house BYOB... It will be lasagna and salad and bread, let me know if you have diet pref's vegan etc—we will have a plain pasta for Vegans. Students-externship forms!!!!
- Hearst Castle Tours—get tickets on-line now!! Not for Saturday!!

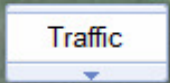
- **LASTLY!!! PLEASE LET ME KNOW ASAP IF YOU CANNOT MAKE IT – I UNDERSTAND - STUFF HAPPENS AT THE LAST MINUTE – SO TEXT MY CELL 781-588-0864 –arriving in CA – Wednesday ...will check email Wed. PM Any Questions?? All GOOD??? THANKS EVER SOOO MUCH!!!**



Ragged Point 20m



Map



Traffic

San Simeon Rd

1

Cabrillo Hwy

Cabrillo Hwy

1

Cabrillo Hwy

1

Slo San Simeon Rd

255

Slo San Simeon Rd

438

Slo San Simeon Rd

438

Sebastian's
General
Store-Cafe

A

Hearst Park

Warehouse

200 ft