

Operations/Photographer Race Manual



Allstate. **HOT** Chocolate 15k/5k.

Saturday
April 14th

Event Website

<https://www.monsterrunseries.com/get-lucky-mn.html>

Because of our software, which uses your camera time along with course data and timing mat data to overlay participant's paces on their photos, **you will need to sync your camera time with the timing boxes** - often this is to GPS time but check with your leads.

Be prepared to describe the course point you are shooting at - 1 mile mark, intersection of X and Y facing east, etc - this is important for our software that calculates participant's pace based on their location on course. Because of this it is important not to move consistently throughout the day, especially earlier on course - although we understand you may need to move within an area as lighting changes and in general we encourage finding 'the best shot'. **If your location is not easily describable or pointed out on a map, we recommend for simplicity you 'drop a pin' in your phone's mapping software** (often by holding down on the location your GPS shows you to be at). **Be prepared to communicate this/these locations when you come to turn in your card.**

Exceptions: If you are shooting Promo (officially or as a course roamer), Candid/Festival, Start or within a few hundred yards of it (not worth the pace data as there are crowds at starts), or within a few hundred yards of the Finish (we'll just do data on the finish photos).

*****Note, all assignments are subject to the possibility of change at last minute. Race directors, inclement weather, road closures, and other unseen scenarios can alter our photography logistics when least expected. Keep this in mind and keep an eye out for changes/new info until the morning of the event. *****

Photographer List

Photographer	Course Position	Mobile	Email	Media Type
Josh Reed	Operations Lead	248-339-6022	jreed@enmotive.com	
Ryan Pletz	Course Lead	952-393-7975	pletzryan@mac.com	SD
Joe Naber	Course Lead	612-812-8660	joseph.naber@gmail.com	CF
Julie Heck	Photographer #	651-276-6697	julieheckphotography@comcast.net	CF
Matthias Orfield	Photographer #	612-382-8071	affordablevs@yahoo.com	CF
Chris Juhn	Photographer #	763-219-9739	chrisjuhnphotography@yahoo.com	CF
Michael Mingo	Photographer #	612-998-8444	mike.mingo@me.com	CF
Paul Fitch	Photographer #	651-307-4522	paulmfitch@gmail.com	CF

Emergency Contacts

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Parking

No Designated Parking Available. Park as close to Boom Island Park as you can.

Meeting Location

4/14/2018 7:00 AM

Finish Line at Boom Island Park, Minneapolis, MN

- Unless instructed otherwise

Schedule of Events

5K - 8:10 AM

15K - 8:55 AM

Course Information/Maps

[5K & 15K Map Link](#)

Photographer Assignments

Individual assignments may change due to weather conditions at time of arrival.

Joe N - Finish Line w/ Ryan P

Matthias O - Shoot Start Line on both 5K & 15K Races, after those are through, come back to Finish to help Julie shoot Post-Race Candid.

Julie H - Start out shooting Pre-Race Candid near Start, then move to the Finish after 5K Start to shoot Post-Race Candid.

Chris J - Pre-Finish (100 Yards before finish line, position yourself to capture runners with trees and river scenery in background - 44°59'28.23"N, 93°15'43.16"W), then move to the Finish after last runner to possibly go home for the day.

Michael M - Pre-Finish (On Main St NE, Shoot towards buildings in background, or look at angle on other side of street to capture the 3 bridge structures along with runner. Use your best discretion - 44°59'21.32"N, 93°15'39.25"W), then move to the Finish after last runner to possibly go home for the day.

Paul F - Pre-Finish (Position yourself on or at the exit of the Merriam St Bridge, catching the runners crossing the bridge and with the building in the foreground - 44°59'8.76"N, 93°15'36.25"W), then move to the Finish after last runner to possibly go home for the day.

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Camera Settings

- **FORMAT YOUR MEDIA CARDS** – Nothing more annoying than to not remember to do this
- **Set your time correct** – Ensure this is done with Course Lead at beginning of shift
- **Resolution should be approximately 2000 x 3000** – Stay as close to this as possible.
 - Ex: Small / Basic
- **Aperture Priority mode with correct exposure** – Watch your dark and light highlights
- **Shutter Speed of 1/640 minimum** – NEVER go lower than 1/640
- **Aperture f/4 for ACTION SHOTS** – Always look to see you are shooting this throughout the day
- **Aperture f/5.6 - f/8 for CANDID SHOTS** –
- **Low ISO** – Make sure you are freezing the action at 1/640. If not, raise the ISO
- **Continuous Autofocus** – Do Not Use Manual
- **Single Point Focus** – Focus on Bib
- **High-Speed Burst Drive** – 2-3 Shots per Runner MAX
- **Evaluative/Mid/Matrix Metering** –
- **AutoRotate is ON** –
- **JPEG file format ONLY** – Do Not Shoot in RAW or RAW+Jpeg
- **SRGB** –

File Management

- **Make sure Time Zone/Date are correct for location.** Camera times will need to be sync'd exactly to race timing equipment. See lead photographer or timer upon arrival if you have not done this before.
- **Please set a unique prefix for your filenames** (i.e. MRN0001.jpg instead of default DSC0001.jpg or IMG0001.jpg)
- **Reset folder/file sequence so your photo filenames begin at 0001**
- **Important: Software downrezzes to 2000x3000px before tagging, so pick the next size above this, UNLESS 1) you are just under 2000x3000, 2) you are shooting closeups, and 3) your next size is significantly above this. For file upload speed, we are looking for file sizes around 2-4mb. Settings may vary by camera model. Starter suggestions:**
 - Nikons - Medium Jpeg, Basic Compression
 - Canons – Medium Jpeg, Step Compression

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Desired Runner Images

- **Shooting Priorities: SHOOT THE BIB**

The bib # and QR code must be in the picture for us to identify the athlete and make sure they get their pictures. If an athlete wears their bib in a place that can't be seen in a good photo (side of leg, back, etc.) take a couple decent pictures without the bib clearly visible, then take one focusing on the bib as they go by.

Every assignment/location is different. If you are experienced enough to incorporate backgrounds and location specifics in order to get the best possible aesthetic feel free to do so as long as the bib #, QR code, and athlete are clearly visible.

Below are some basic types of shots to ensure you get quality pictures that will be deliverable to the athletes:

- **FULL BODY SHOTS**

A 70-200mm is useful for these types of shots.

Note the appropriate amount of headroom and legroom in this frame. Many poor shots have too much wasted space on the tops and bottoms of the frame but you don't want to cut off the head/feet. If you are shooting with a 70-200mm, wait for the subject to nearly fill the frame before you start firing (2-3 shots per person is the goal). Also note the low angle and the front foot off the ground. These are ideal things to wait on in order to make a runner look as athletic as possible. Kneeling or sitting are good heights for these photos.



- **3/4 BODY SHOTS**

Upper body shots are great shots for more isolation on the runner. They are also useful when runners are crammed next to each other in high-traffic locations, and you simply can't get a full body shot. A 70-200mm lens works well from a distance, but 35-50mm can also work if you're positioned close to the athletes. These photos look good straight on, or at a slight angle (under 40°) if you're off to the side of the course. Cropping between the hips and knees for the bottom of the frame is an ideal composition for upper body shots. Only shoot lower if the bib number is on someone's thigh. Do not crop at the shins or too far below the knees. Center point autofocus works best by aiming right at the chest of a runner. Do not bring it up to the runner's head, as that will create too much headroom in the frame.



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- **GROUP RUNNING SHOTS**

While we try to get everyone an individual portrait, some locations tend to see many teams/groups working together. On these occasions a group photo can make for a good memory of friends/family. Just be sure your focus point is one of the athletes, and not between them focusing on the background.



- **POSED GROUP SHOTS**

Posed group shots are some of the most popular shots for runners. Some races have a designated pre/post-race photo area with a backdrop and/or props. Wide angle to standard zooms work best for group shots; i.e., 16-35mm and 24-70mm lenses. Engage with your subjects and have them get together. Some situations call for full-body portraits, but close up portraits tend to be the best. For those, crop at the hips and watch out for too much headroom at the top of the frame. Posed portraits often have different optimal shooting settings than on-course actions photos, and may also benefit from the use of a flash. If you unsure about optimal settings/flash usage consult the lead photographer.



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RACE DAY TIPS

- **Consider a monopod if you're using heavier equipment.** Some locations allow you to set up in one spot, but others might require too much moving around to use one.
- **A vertical grip for your camera** is a huge benefit so you don't have to use your shooting hand on top of the camera in portrait mode.
- **A chair or stool is a huge benefit for a long day of shooting.** If you don't have one, invest in a Home Depot 5 gallon bucket with a swivel lid. For under \$10 bucks you have a reliable seat and storage for your food, water, and equipment.
- **Be prepared for inclement weather.** A simple trash bag in your pocket can go a long way in protecting your gear if you don't have professional rain gear... Camera Rain sleeves, rain poncho, gloves, sweater, etc.
- **Have multiple sets of batteries and memory cards as backups.** Enough batteries for your cameras and flashes, up to 12 hours.
- **Bring your best camera.** Some shooters prefer bringing an older camera to prevent wear and tear on their newer body, but you really want to use your workhorse camera. An older model will be more susceptible to dying on you when it comes to volume shooting.
- **Have a backup camera.** Always cover your ass. Bring an extra just in case.
- **Have water and snacks with you.** You may not be provided a lunch break so make sure you're hydrated and have enough food to keep you safe.
- **Look to shade yourself on the course.** Many veteran course shooters bring an umbrella attached to a tripod. If you don't have that setup or can't find shade, wear a hat and bring sunscreen.
-

WEAR YOUR VEST AND/OR PRESS PASS IF PROVIDED -

These will give you access to your spot/festival area.

NEVER GET IN THE WAY OF THE RUNNERS -

Set your spot up on the edge of the road/curb. Or use best judgement.

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