

VOLUNTEERS



Thank you all for signing up to volunteer for the Hare Run! We are expecting 85+ kids! It's the second race of the 2024 series.

Once you've read through the assignments below please let me know if you have any questions!

Name	Time	Assignment
Todd	6a-end	Water station set up & lead 3 rd race on bike
Mike	7a-end of races	Course manager
Jessie W.	7a-11a	Course turns
Sheila	7a-11a	Packet pick up
Lee Ann	7a-11a	Packet pick up and then timing @9a
Lori	7a-11a	Packet pick up, finisher medals/stickers
Andy	7a-11a	Set up and then sweep long race
Sanne	7a-11a	Set up then hand out finisher medals/stickers
Sonia	7a-11a	Set up and then course sweep for 1 st & 2 nd race
Brian	7:45a-9:30a	Pedestrian crossing
Chris	8a-11a	Timing
Kim F.	8a-11a	Finish line aid station
Mickey	8a-end of race	Lead 1 st and 2 nd race
Kirsten	8a-11:30a	Packet pick up then timing walkie talkie at 9a
Bob	8:15a-11a	On course water station(1)
Karyn	8:15a-11a	On course water station(1)
Robby	8:30a-10:30a	On course
	8:30a-end of race	On course
Joseph	8:15a-10a	Hare Mascot

A quick summary of the event: We have 3 age groups, each running different distances. The 3-5 year olds will run 0.6 mile, the 6-9 year olds run 1.85 miles and the 10-13 year olds will run 3.23 miles. A course map with the route descriptions are below.

Race start times	9a 3-5 yo 9:15a 6-9 yo 9:30a 10-13 yo
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Description of assignments:

Parking: All parking is at Bing's Landing by the boatramp. I will put out signs that morning. No volunteers needed.

-One volunteer at pedestrian crossing: *Brian*

Packet pick up: Sheila: There will be 3 lists, 1 for each race. Each kid gets a race number and safety pins. We use this number to do the timing so it's really important it's easy to read from their shirt, please tell them this. Mark off when they have checked in. Let them know where they are starting and what time. They will get their sticker, pin and finisher's medal at the end. Parents can run with their kids, they need to bring a signed waiver I emailed out or sign one at the event. One parent per kid.

If a kid wants to switch distances we need at least 20 minutes notice to change it in the software, tell me and/or Lee Ann or Chris Knox.

Sweepers: *Sonia* you will follow behind the last runner for the 1st and 2nd race. Once you get to Jessie Whitley on course for the 2nd race let her know you are with the last runner and she will open up the trail for the next race. When you come into the finish please let me know the last runner in that group is done. Do not remove any course markings. *Andy*, you will follow behind the last runner for the 3rd race. Please pick up flags and take down tape (wear something with pockets). Let the volunteers at the water stations know the last runner is through. Feel free to drop supplies at water station, we will be picking it up with a vehicle.

Timers: Chris & Lee Ann: SAME AS OTHER RACES. We will use a program called Webscorer to time this event. One of you will write down numbers and times as you see them and hear *Kirsten* call them over the radio (this is for backup if something is missed on the ipad). One of you will hit the race number on the screen when they come through, which records their finish time. Use the time of day on the clock I provide. Include seconds.

On course: For the youngest age group I expect a lot of parents to run with their kids. I will have a couple of you run with them just to make sure they go the right way and if anyone falls you can help them up. You will then run with the next 2 age groups also, just making sure everyone is doing ok and staying on course. You'll spread out and someone stay near the front behind the first few runners, then someone near the middle and somewhere near the back. It might be most effective to run along at a set pace, then slow down or stop, let a few runners pass you, run a little more and pass them again and just kind of do this leap frogging the whole way.

Medals: *Sanne* Hand out medals and stickers at the finish. Kids only, not parents. Make sure the kids have a number on AND make sure if any big kids run with their younger sibling in the first race you don't give them a medal/pin, etc. We have the exact amount of finish medals we need, there's no room for handing out extras by mistake.

Water station Bob & Karyn: We have one water station that both the 2nd and 3rd races pass, the 3rd race passes it twice. Don't take down the water station until *Andy* (final sweeper) has come through on the singletrack (the 2nd time the big kids pass it). *Todd* will drive out all the supplies beforehand, you all will just need to head on foot or on bike. I would have the cups with water in them ready to go, not filled to the top. Make sure all cups are picked up afterwards please. There will be around 54

kids who pass. The water station should be ready to go by 9:15. Once Andy the sweeper is through, please clean up all trash, fold up the table leave everything tidy for Todd to come back and pick up.

Finish line aid station: Kim F. Cut up watermelon and put in bowls, do your best to monitor the snacks so there are enough for the last race. Kids shouldn't be taking an excessive amount. Keep it as tidy as possible.

Course roamers: Robby & ?. Make sure kids are staying on course, no one gets hurt, etc. Call Carrie with any issues. NOTE: The 3rd race will be running Hammock Hollow backwards. Please be at this turn so that they turn left onto Hammock Hollow and then they go straight and then right on North Shore.

Jessie W.: You'll be at the right turn into the woods for 1st race then you'll close that off and head down to the right turn for the 2nd race. Once Sonia is through you will open that up and head down to the turn for the 3rd race. Let Carrie know when Sonia comes through so we can start the 3rd race.

Mickey and Todd: Mickey you can probably lead the 1st race on foot and 2nd race on your bike. Todd will lead the last race on his bike.

Lori.: You'll initially help Sheila with packet pick up then you'll hand out finisher medals and stickers.

COURSE MAPS

These maps probably don't help much, a bunch of squiggly lines through the woods, haha. Here's a text description of the course...

All races start on the wide hiking trail near the mountain bike trailhead, the one closest to A1A.

They will run east on the wide trail until it turns right.

Right away the 3-5 year olds get on the mountain bike trail. This is where some people start the trail if they are coming from the beach trails. The kids run the mountain bike trail to the exit at the trailhead.

The 6-9 year olds stay on the wide hiking trail until around 1 mile. They will turn right through a path I cleared and then immediate right onto the mountain bike trail to the finish.

The 10-13 year olds stay on the hiking trail until they come up on Hammock Hollow. They turn left to run Hammock Hollow backwards (this is where the 2nd water station is). They pop out of Hammock Hollow and stay straight and then right to get on North Shore. They run North Shore all the way to the finish.

