



## 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 2025 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 <sup>rd</sup> race on bike
Todd		Course manager
Michelle	7a-11a	Set up then on course with 3 <sup>rd</sup> race
Jessie W.	7a-11a	Course manager and course turns
Sanne	7a-11a	Set up then on course water station
Lucy	7a-11a	Set up then sweep 3 <sup>rd</sup> race
Tony	7a-11a	Pedestrian crossing 8:30a-9:30a On course 2 <sup>nd</sup> and 3 <sup>rd</sup> race
Andy	7a-11a	Set up and then sweep 1 <sup>st</sup> & 2 <sup>nd</sup> race
Matt Tran	6:30a-end	Set up, course help, misc, clean up
Lynn C.	8a-12p	Packet pick up then S/F aid station
Sheila	8a-12p	Packet pick up then finisher medals
Mickey	8a-end of race	Lead 1 <sup>st</sup> and 2 <sup>nd</sup> race
Catarina	8a-12p	Set up start finish aid station, keep stocked
Bradyn	8:30a-end	On course water station with Sanne
Shannon	8:30a-end	Timing
Lynn K.	8:30a-end	Timing assistant
TBD	8:30a-end	Hare Mascot
Jeff M.	9a-11a	Walkie to timers
Matt M.	9a-end	Easter bunny
Parker	10a-12p	Aid station and clean up

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	9:30a 3-5 yo 9:45a 6-9 yo 10a 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: Tony

Packet pick up: Sheila/Lynn: 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 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 Shannon and Lynn K.

Sweepers: Andy you will follow behind the last runner for the 1<sup>st</sup> and 2<sup>nd</sup> race. Once you get to Jessie Whitley on course for the 2<sup>nd</sup> 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. Lucy, you will follow behind the last runner for the 3<sup>rd</sup> 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, after you pass them the 2<sup>nd</sup> time. Feel free to drop supplies at water station, we will be picking it up with a vehicle.

Timers: Shannon and Lynn: 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 Jeff 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.

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: Sheila Hand out medals at the finish line. 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. We have the exact amount of finish medals we need, there's no room for handing out extras by mistake.

Water station Bradyn and Sanne: We have one water station that both the 2<sup>nd</sup> and 3<sup>rd</sup> races pass, the 3<sup>rd</sup> race passes it twice. Don't take down the water station until Lucy (final sweeper) has come through on the singletrack (the 2<sup>nd</sup> 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 9:45. Once Lucy 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: Catarina, Lynn C, Parker. 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: Tony, Michelle: Make sure kids are staying on course, no one gets hurt, etc. Call Carrie with any issues. NOTE: The 3<sup>rd</sup> 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 1<sup>st</sup> race then you'll close that off and head down to the right turn for the 2<sup>nd</sup> race. Once Andy is through you will open that up and head down to the turn for the 3<sup>rd</sup> race. Let Carrie know when Andy comes through so we can start the 3<sup>rd</sup> race.

**Mickey and Todd:** Mickey you will lead the 1<sup>st</sup> and 2<sup>nd</sup> race. Todd will lead the last race.

## 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...

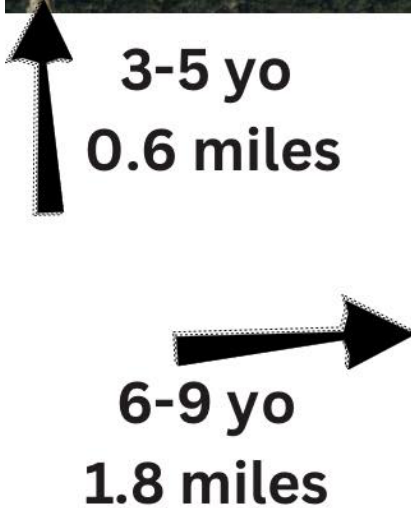
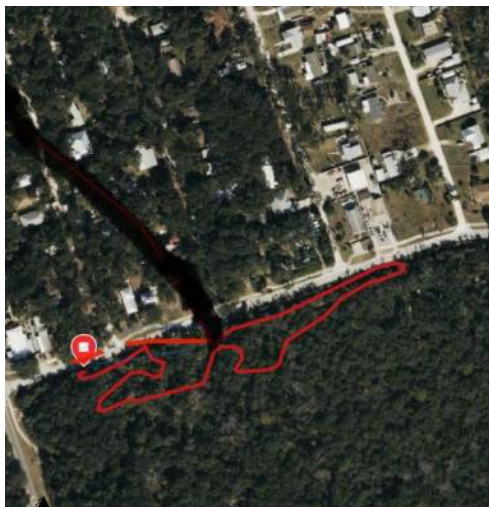
All races start on the wide hiking trail near the mountain bike trailhead, the one closest to A1A.

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 2<sup>nd</sup> 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.



**3-5 yo**  
**0.6 miles**

**6-9 yo**  
**1.8 miles**

**10-13 yo**  
**3.2 miles**