

May 6, 2023 Kids Run the OC empowered by HOAG - Race Day Management

	Before	During	After
KROC Coaches	<p>Parent Meeting (1 week prior)</p> <ul style="list-style-type: none"> ✓ Pass out bibs/show how to attach bibs ✓ Pass out team shirts ✓ Go over claim ticket process ✓ Go over separation plan ✓ HYDRATE reminder ✓ How to find meeting area and race day contact information <p>What do I need race day?</p> <ul style="list-style-type: none"> ✓ Pop up & SAND BAGS ✓ Cooler ✓ Banner ✓ Sunscreen ✓ Safety Pins ✓ First Aid 	<p>Assign a parent for warm ups</p> <p>Assign a parent to get the kids to the Staging Area</p> <p>Make sure your parents know who to go to if question or to trouble shoot or what to do if they get separated</p> <p>Assign a team photographer</p> <p>Remind them the course is new and that it goes in a different direction</p> <p>HAVE FUN!</p>	<p>Make sure all your students are with their parents before you leave</p> <p>Visit the Finish Line Festival and Allergan Health & Fitness Expo</p> <p>Clean up your area</p> <p>Schedule your medal ceremony online if haven't done so already</p>
KROC Participants	<p>Have a plan in place with your parent or guardian if you get separated from them</p> <p>Hydrate well the day prior and up to an hour before your event, it's too late right before you start. Eat a light breakfast with at least 12 oz water or milk</p> <p>Carbo-load the night before the run with whole grains.</p> <p>Lay out your race shirt, shorts, shoes and socks the night prior – DO NOT wear new shoes or socks day of run unless they both have 12-15 hours of wear on them</p> <p>Sunscreen and hat a must at Fairgrounds</p> <p>Make a sign for your parents to hold and cheer you on</p>	<p>Make sure your bib is on correctly.</p> <p>Make sure your parent or guardian has your claim ticket.</p> <p>If you get separated from your parent and your separation plan did not work, PROCEED IMMEDIATELY TO THE LOST PARENT BOOTH (see MAPS)</p> <p>Remember the “running rules of the road” or “race etiquette” – reminders are in the Kids Staging Area</p> <p>If you get hurt during the run, move to the side and look for a green shirt, help friends if they need it</p> <p>Visit the Finish Line Festival to participate in fun activities and get your race t-shirt</p> <p>HAVE FUN!</p>	<p>Get your food and drinks and enjoy your accomplishment</p> <p>Stay in the secure corral areas until your parent comes with a claim ticket</p> <p>Visit the Finish Line Festival and Allergan Health & Fitness Expo</p> <p>Cheer on other friends still racing</p> <p>THANK YOUR PARENTS FOR LETTING YOU PARTICIPATE AND YOUR COACHES FOR ALL THEIR HARD WORK IN GETTING YOU READY FOR THE RACE!</p>
KROC Parents	<p>Have a plan in place with your parent or guardian if you get separated from them</p> <p>Fill out the back of the bib with your emergency contact information</p> <p>Review all the videos and documents on the web site – especially the maps and bib videos</p> <p>Review all the information from your coach – know where to park and cross the course prior to arrival</p> <p>Remember your \$12.00 Parking Fee</p> <p>Arrive early to get through entrance gates and park in plenty of time for your child's heat. DO NOT DROP YOUR CHILD AT ENTRANCE, park and go in with them</p> <p>Note FOOD, HYDRATION, EQUIPMENT and SUNSCREEN TIPS in participant section</p>	<p>Make sure your child has removed the D-Tag from the bib and put it securely on their shoe (see video online prior to race day)</p> <p>Remove the Claim Ticket from the bib and put it in a safe place</p> <p>If you get separated from your child and your separation plan did not work, PROCEED IMMEDIATELY TO THE LOST PARENT BOOTH (see MAPS)</p> <p>After they are in the Waiting Zone, proceed to a good viewing area. Once they are done, please proceed to bib pick up areas to wait and claim your child in a CIVILIZED manner</p> <p>Cheer and hold the sign they made</p> <p>Volunteer for the event or for your coach, we need help to ensure a great race day for all</p> <p>HAVE FUN!</p>	<p>Pick up your child with a claim ticket at the Family Reunion Area</p> <p>Visit the Finish Line Festival and Allergan Health & Fitness Expo</p> <p>Help your coach with any clean up or other items that need to be done if you can</p> <p>THANK THE EVENT VOLUNTEERS AND YOUR CHILD'S COACHES!</p>