

# Volunteer Instructions updated Mar 31/19



## KIDS RACE

This is a free run for kids age 7 and under. They will be pre-registered and Home Healthcare Network will have the list. We only have 50 of everything so can't take any more than 50 kids.

The activity tent will be open from 11:00 and there the kids can sign in, get their t-shirt and decorate it / colour it, and pick up their goodie bag (toys).

The run is at 12:00. We will announce the kids run and everyone can watch them and cheer them on. Kids run course is marked on the finish line site map, see last page of this document. The course needs to be marked with a few cones at the corners (supplied by us).

At 11:30, someone needs to check that the path is clear all the way around. If any vehicles are blocking it, ask the race announcer to make a request that it be moved.

At 11:45 the kids should be led in a fun warmup. At 11:55 they should be taken to the start line and get ready to run! We will likely have a pacer to lead the kids.

Marshals for the kids run: As marked on the map. 1 marshal needs to open a space in the finish chute where the kids enter from the side path, then close it again after the last kid is through. Runners will still be coming in from the half marathon, so the kids need to be guided to stay on the RIGHT approaching the finish. A marshal must stand in the middle of the chute to do this.

Parents can run with the kids but if they ran in the half marathon **THEY MUST REMOVE THEIR BIB number first - VERY IMPORTANT** (has the timing chip on it)! **Announce this at the start.**

2 or 3 people needed behind the finish line to keep the kids from straying until the parents catch up.

Afterwards, the kids can come back to the activity tents. Maybe do some more crafts. They are also welcome to go with their parents to the food tents and get a snack and some water. They must go around the back of the finish line, no crossing the chute in front.