

CHAPERONE

Before the Run

1. Meet in your child's classroom **15 minutes** before the assigned time.
2. Help the teacher put running bibs on students. Make sure all students have bibs pinned to **the front** of their shirts.
3. Assist teacher in walking the class outside to their color-designated canopy tent for warm-up exercises (instructions provided, lead by Lap Counters).
4. Point out the three Lap Counters (wearing their assigned colored vests) who will cross off a number on the student's racing bib, each time they complete a lap.
5. Direct the students to get on the track behind the start line and to get ready to run! Faster students should be at the front of the line and slower students at the back. The race begins when the horn sounds and the music starts.

During the Run

1. Cheer and help where needed. Reinforce cooperation and consideration for other runners.
2. The students will run for 23 minutes with one cool down **WALK** lap, which **DOES** count towards total laps.

After the Run

1. When the final horn has blown, the Lap Counters will circle the final number of laps on each student's bib and then record the totals on the designated clipboards located on the table under the tent.
2. Lead students to Otter Pop station under the covered area after their total laps have been recorded. Your Otter Pop Volunteer should already be there to assist.
3. While students are enjoying their otter pops, you will need to interrupt them and help lead the individual classes to the designated Photo Station, for their Dragon Dash Class Photo (front row will hold DD Banner).

Lap Counters 1, 2 & 3

Before the Run

1. Put on your colored vest and grab a colored sharpie. Both are provided and will be at your assigned tent.
2. Review warm-up exercise guide and lead warm-ups for students when they arrive (written instructions provided).
3. Point out your colored vest to the students. Remind them that the Lap Counters with the matching colored vest are the only people who should be marking their bibs.
4. After the students arrive at the assigned tent, and the Chaperone has finished giving instructions and the students have done their warm-up exercises, help them to the start line to begin running. Faster students should be at the start of the pack and slower students should be at the back. The starter will begin the race once all runners are in place. The race will begin once the horn sounds and the music starts.

During the Run

1. Stagger yourself on the inside of the track, just before your assigned tent. As a student wearing the designated class color approaches you, cross off the next consecutive lap number on their bib. Students should stay on the track and off the grass.
2. The students will run for 23 minutes with one cool down WALK lap, which **DOES** count towards total laps.
3. The horn will blow to complete the race.

After the Run

1. Lap Counter 1, 2, & 3 will use their sharpies to circle the last lap that the student completed and then record those totals on the class list attached to the clipboards.
2. Please double check to make sure each child's laps were accounted for on the classroom lap-tracking list.
3. If a student is absent, mark "absent" by their name.
4. After recording the total laps for the class, move the list to the back of the clipboard and have the next class list that will be running, on the top of the clipboard.
5. Chaperone will lead students to Otter Pop station under the covered area after their total laps have been recorded.
6. ****Put your vests back under the corresponding tent before you leave, please.****

Otter Pop Volunteer

Before the Run

1. Help the Chaperone and Lap Counters guide the students to the start line for the race.

During the Run

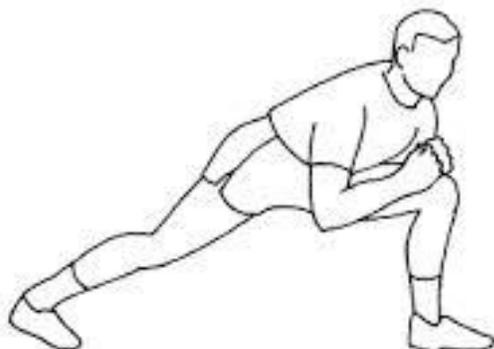
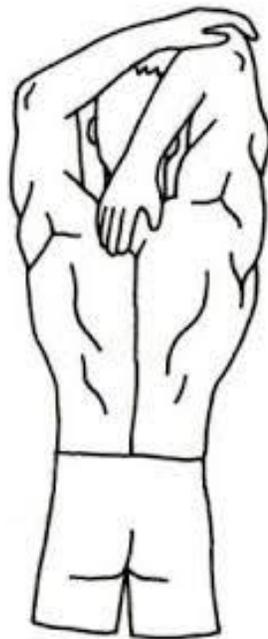
1. Cheer on and motivate the runners!
2. Encourage sportsmanship and cooperation.
3. **At the 23 min. mark, walk over to Otter Pop Station and get ready to help distribute Otter Pops (scissors will be provided to help open otter pops).

After the Run

1. Chaperone will lead students to Otter Pop Station under the covered area after their total laps have been recorded.
2. While students are enjoying their otter pops, you will need to interrupt them and help lead the individual classes to the designated Photo Station, for their Dragon Dash Class Photo (front row will hold DD Banner).

Warm Up Stretches

Please help students to do these simple warm up stretches, before they run.



Sample Running Bib



DRAGON DASH 2014

850



 www.recyclerracing.com

This race bib is 100% recyclable 

DO NOT PIN



1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20

No. 850