

# CLASS CHAPERONE

## Before the Run

1. Arrive at front office to check-in as a volunteer 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 sign post on the black top 10 minutes before run time. Classes will then be introduced and they will enter the track through the entrance chute and proceed to their color-designated canopy tent for warm-up exercises (instructions provided, led by Lap Counters).
4. Point out the three **Lap Counters** (wearing assigned colored vests) to the students who will cross off a number on the student's bib each time they complete a lap.
5. Direct the students to stand on the track behind the start line and get ready to run/walk/jog! Faster students should be at the front of the line, and slower students in the rear. The race starts when the horn sounds and the music begins.

## During the Run

1. Cheer on the students 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 toward their 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 PHOTO station after their total laps have been recorded. Students in the front row will hold the Dragon Dash banner.
3. Next, lead the individual classes to the designated Otter Pop station. An Otter Pop volunteer will be present.

# LAP COUNTER 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, lead them to the start line. Faster students should be at the front of the line, and slower students in the rear. The race starts when the horn sounds and the music begins.

## During the Run

1. Stagger yourself on the inside of the track, just before your assigned tent. As the 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 toward their total laps.
3. An announcer will signal when the run time finishes and students are to start their walking lap. Students should complete the lap they are on and complete one walking lap.

## After the Run

1. **Lap Counters** will use their Sharpie to circle the last lap the student completed and record that total on the class list attached to the clipboard.
2. Please double check to ensure each child's laps were accounted for on the classroom lap-tracking list. If a student is absent, write "absent" by their name on the list.
3. After recording the total laps for the class, move the list to the back of the clipboard and have the next class list (that is up next to run), on top of the clipboard.
4. **Chaperone** will lead students to PHOTO station under the covered area after their total laps have been recorded.
5. **\*\*Please place your vests back under the corresponding tent before you leave.\*\***

# 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

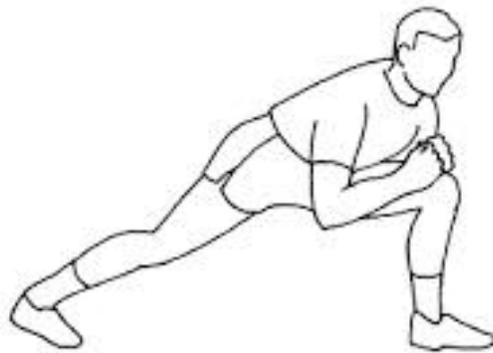
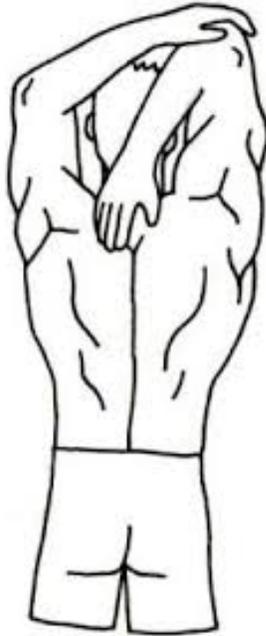
1. Cheer on and motivate the runners!
2. Encourage sportsmanship and cooperation.
3. \*\*At the 23 min. mark, walk over to Otter Pop Station and get ready to help distribute Otter Pops (scissors will be provided to help open otter pops).

## After the Run

1. **Chaperone** will lead the individual classes to the designated Photo Station, for their Dragon Dash Class Photo (front row will hold DD Banner) after their total laps have been recorded.
2. After class photo is taken, students will be directed to the Otter Pop Station under the covered area. Students can enjoy one Otter Pop before being called back to their classrooms by their teacher.

# WARM UP STRETCHES

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



**SAMPLE RUNNING BIB**



**DRAGON DASH  
2017**

**361**



 [www.recyclerracing.com](http://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. 361**