



May 5, 2018 Kids Run the OC presented by Nutrilite® Race Day Management

	Before	During	After
KROC Coaches	<ul style="list-style-type: none"> ✓ Parent Meeting (1 week prior) ✓ Pass out bibs ✓ Show how to attach bib and D-tag ✓ Pass out team shirts ✓ Go over claim ticket process ✓ Go over separation plan ✓ HYDRATE reminder ✓ How to find meeting/tent area and race day contact information ✓ What do I need race day? ✓ Pop up & SAND BAGS ✓ Cooler, Banner, Sunscreen, & First Aid Kit ✓ Safety Pins 	<ul style="list-style-type: none"> ✓ Assign a parent for warm ups. ✓ Assign a parent to get the kids to the Staging Area. ✓ Make sure your parents know who to go to if question or to troubleshoot or what to do if they get separated. ✓ Assign a team photographer. ✓ HAVE FUN! 	<ul style="list-style-type: none"> ✓ Make sure all your students are with their parents before you leave. ✓ Visit the OC Lifestyle & Fitness Expo. ✓ Clean up your area.
KROC Participants	<ul style="list-style-type: none"> ✓ Have a plan in place with your parent or guardian if you get separated from them ✓ 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. ✓ Carbo-load the night before the run with whole grains. ✓ 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. ✓ Sunscreen and hat a must at Fairgrounds ✓ Make a sign for your parents to hold and cheer you on 	<ul style="list-style-type: none"> ✓ Make sure your D-Tag is on your shoe. ✓ Make sure your parent or guardian has your claim ticket. ✓ If you get separated from your parent and your separation plan did not work, PROCEED IMMEDIATELY TO THE LOST PARENT BOOTH (see MAPS) ✓ Remember the “running rules of the road” or “race etiquette” – reminders are in the Kids Staging Area ✓ If you get hurt during the run, move to the side and look for a yellow shirt, help friends if they need it. ✓ Visit the Finish Line Festival to participate in fun activities and get your race t-shirt! ✓ HAVE FUN! 	<ul style="list-style-type: none"> ✓ Get your food and drinks and enjoy your accomplishment. ✓ Stay in the secure corral areas until your parent comes with a claim ticket. ✓ Visit the Finish Line Festival and OC Lifestyle & Fitness Expo. ✓ Cheer on other friends still racing. ✓ THANK YOUR PARENTS FOR LETTING YOU PARTICIPATE AND YOUR COACHES FOR ALL THEIR HARD WORK IN GETTING YOU READY FOR THE RACE!
KROC Parents	<ul style="list-style-type: none"> ✓ Have a plan in place with your child if you get separated from them. ✓ Fill out the back of the bib with your child's emergency contact information. ✓ Review all the videos and documents on the web site – especially the maps and D-tag and bib videos. ✓ Review all the information from your coach – know where to park and cross the course prior to arrival. ✓ Remember your \$8.00 Parking Fee (CASH ONLY) 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 ✓ Note FOOD, HYDRATION, EQUIPMENT and SUNSCREEN TIPS in participant/coach section. 	<ul style="list-style-type: none"> ✓ 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). ✓ Remove the Claim Ticket from the bib and put it in a safe place. ✓ If you get separated from your child and your separation plan did not work, PROCEED IMMEDIATELY TO THE LOST PARENT BOOTH (see MAPS). ✓ 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. ✓ Cheer and hold the sign they made. ✓ Volunteer for the event or for your coach. We need help to ensure a great race day for all. ✓ HAVE FUN! 	<ul style="list-style-type: none"> ✓ Pick up your child with a claim ticket at the Family Reunion Area. ✓ Visit the OC Lifestyle and Fitness Expo. ✓ Help your coach with any clean-up or other items that need to be done. ✓ THANK THE EVENT VOLUNTEERS AND YOUR CHILD'S COACHES!