

Area Workers:

Area A ()

Duties: Position yourself at area A on the map. You will help direct the runners for each race. As the arrows on the ground indicate, the first time the runners come through, they should turn right to cross the gravel road and go on to loop around the FB practice field. The second time the runners come through, they should go left towards the finish area.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area B ()

Duties: Position yourself at area B on the map. You are here to make sure runners do not cut the course as two parts of the course run parallel here. As the arrows on the ground indicate, the first and third time the runners come through, they will come from the baseball field area and should stay between the white lines furthest from the farmer's field and head toward the grove of trees near the mile mark. The second time the runners come through, they will be coming from the 1 mile mark along the farmer field and should head towards the third base side of the baseball field.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area C ()

Duties: Position yourself at area C on the map. You are here to make sure the runners do not cut the course as two parts of the course parallel each other here. The first and third time the runners come through, they should stay between the white lines coming from the outfield fence and continue up the short hill to area B. The second time they come through, they should come from area B, down the short hill, and continue down onto the environmental classroom trails (NOT into the outfield or directly behind the outfield fence).

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area D ()

Duties: Position yourself at area D on the map. You will help direct the runners for each race and do some crowd control. At the start, the runners run between the outfield fence and the pennant flags continuing to center field towards area C. Second, the runners come between the fences where the baseball scoreboard is and should take the course as it curves left around the solar panels towards the shed and then down the hill to the FB field. The last time they come through, they will come up the hill from the FB field, then from the maintenance shed area, and head along the inside of the outfield fence from right field to center field to left field.

This is an area that many spectators use to watch the races. Help keep spectators away from the white lines that mark the course and to maintain social distancing between spectators and from the runners.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area E (3+ Cheerleaders (if hot) and 2 adults)

*This group should have walkie-talkies available to communicate for emergencies

Duties: Position yourself at area E on the map. You will help direct the runners for each race, hand out water, and offer runner assistance.

Directing - As the runners come through they should stay between the lines on the ground. Since the course parallels itself here, watch for any runners cutting the course.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Water Distribution (if hot) – Position yourself to hand out water to runners. Have a number of cups ready to go so you can distribute them quickly if needed. Clean up discarded cups and prepare new ones when things quiet down.

Runner Assistance – This is a drop-off station for runners-in-need. If a runner is dropped off or pulls out of the race here, lend aid as needed. (Note: If they are touched anyone, they cannot resume racing – they must drop out.) If more medical aid is needed, get them to the medical tent at the finish chute or send someone to the medical tent and bring a trainer down to them.

Area I (1 or 2 people)

Duties: Position yourself at area I on the map. You will help direct the runners for each race. As the map indicates, the runners first come from area E and run parallel to the outfield fence then turn then towards the end of the school driveway. Second, the runners come from area J to take the curve around the JV baseball infield and once again parallel the outfield fence. You are there to make sure that the runners don't cut the course by skipping any part of the course.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area J ()

Duties: Position yourself at area J on the map. You will help direct the runners for each race, hand out water, and offer runner assistance.

Directing - As the runners come through they should first come from the JV softball field, run on one side of the long jump pits, make a U-turn and run on the other side of the long jump pits. Next they

come up from area E and turn at the porto-potty and head in front of the FB bleachers. Make sure no runners cut any part of the course.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area K ()

Duties: Position yourself at area K on the map. You are here to make sure the runners follow the double white lines of the course rather than cutting over to the other part of the course.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.

Area L ()

Duties: Position yourself at area L on the map. You are here to make sure the runners stay within the double white lines and not cut the course in this area.

If you see an incident of course cutting, tell the runner to go back and run the course correctly. If they do not, write down their bib number and school or general description (or take a picture with your phone) and report them to Coach Kuehl or an official. Any incidents of purposeful tripping, spitting, shoving, or any other unsportsmanship should also be reported.