***A Parent’s Guide to Running Club & Races***

The races take place at Snedigar Park. Runners from various schools will take part in each race totaling approximately 150 to 350 runners. All races are 1.3 miles.

**Things to know for Race Days:**

**Clothing:** Any shirt, shorts or sweatpants, socks and a good pair of running shoes

**Approximate Timeframe:** Races start around 3:45 and end about 4:30-4:45.

**Race Tags:** Each runner will be given a Race Sticker by their coach with their name, school, and grade listed on it. Please attach this sticker on the front of the runner’s shirt. This must be worn during the race. It will be removed by a volunteer after they cross the finish line. The Stickers are used to determine the finish place in the race.

**Transportation:** Parents are responsible for transporting their child to and from the race. Be sure to have a meeting spot arranged with your child so they know where to find you at the completion of the race. Parking is limited so please plan accordingly. I highly encourage you to get there no later than 3:30

**Meet up with your school:** Each team will have a gathering location prior to the race to stretch, pick up your sticker and get ready so look for your school group upon arrival.

**Pre-Race Warm-Up:** Schools are responsible for warming up their own students. Parents can also help their students individually

**Starting Line:** Students are organized by grade level and gender. Sixth grade goes first and Kinder is last.

**Water:** Bring your own water and hold it for your child during the race. They do not need to carry water on the course. Drink a bit before and after they finish the race.

**Finish Line:** The finish line is a designated line identifying the end of the race. Once a student crosses the finish line, they do not change position with other students in the line.

**Fresh Fruit/Snack:** Each student can pick up a piece of fresh fruit at the finish line after the race. Make sure students throw away their garbage after they eat.

**Awards:** 1st – 5th Place Awards are handed out to each grade level (Kinder-6th Grades) and to girls and boys separately**. Individual ribbons will be awarded at each individual school the following week.**

**Going Home:** After the student crosses the finish line, you may leave, there is no formal awards ceremony.

Runners, please remember that you are an ambassador for Fulton. We want to thank you in advance for being an outstanding representative of our school and Running Club by cleaning up after ourselves, showing respect to our competitors, and **especially** to the volunteers on the course.