

Parent Volunteers at High School races

At the race hosted by your school we will need parent volunteers to help us with the race. The Grunts can do all the set up and take down. But there are several tasks where we need help. Please identify a parent coordinator and give them this task list. They can call or email me with questions. John Christopherson chrislil@acsalaska.net or 277-0256.

Before Race Day

If you wish to display unofficial times it is helpful to print out a large format list of racers. Some parents start with the published start list and work with that. If the race is not a Kincaid the parents will also have to find or construct a board or aisle to display results.

On Race Day

We will need at least 2 parents to help with sequencing racers at the finish line, several to help racers get bibs off and give aid at the finish, and several to post unofficial times. Very importantly we will need parents to take charge of the bibs after the race. These volunteers should meet me in the start/finish area about ½ hour before the race.

About the Bibs

Have the parents who are planning to wash the bibs check in with the bib lady before the race so that they know where the crates are and where to bring them when the bibs have been washed. Wash bibs in a mild soap in warm water. Tumble dry the bibs on a low heat. A high heat makes the numbers stick together and then pull off. Don't overload the dryer as the bibs will wrinkle. Lay the bibs out flat and put them in numerical order. Relay bibs should be stacked with all four colors of the same number together. The color order for each relay number is red(top), green, yellow, blue.

Generally after bibs have been washed and sorted they should be brought to the NSAA office on 15th avenue near C St. (203 W. 15th Ave. #204)