

Volunteers, Groups and Individuals Needed for Dirty Kids Obstacle Race, Saturday, Oct. 12

The Sacramento Adventure Playground is proud to announce the first annual Dirty Kids Obstacle Race on Saturday, Oct. 12.



Obstacle course racing is the new fitness trend, partly because it encompasses an all-around or cross-fit fitness, but mostly because it's the fun way to be fit! This reflects who the Sacramento Adventure Playground is. The Playground, itself, relies upon community support, and this race is in need others to assist in making the race a success.

The race will be mostly in the field behind the Playground, cover about ½ mile and 10-15 obstacles. We are looking for groups to “own” an obstacle, from design, set-up, manning during event and take-down. Obstacles do need to be within a standard, but that standard can be pretty wide, and we would encourage you to associate the obstacle with who you are. For example, the Sacramento Police are participating and thinking about the racers to carry shields.

The Playground is in need of a revenue source, and it is our hope that in the future this event can become a major source of revenue. We are reaching out to all our past contributors to see if you are interested in helping sustain the Adventure Playground and provide some fun time for all.

Timing is a key component and we are in need of volunteers who can work in a fast pace environment. Racers will start in waves, so there could be continuous runners on the course at a time. Individuals are also needed for general assistance. See below for specific information on each area.

Obstacles

Below is a list of possible obstacles for the Oct. 12 Dirty Kid Obstacle Race. What is needed is a group to take ownership of a station. Build it and man it during the event. I started making definitions as listed further below and realized there are so many ifs, ands and buts, that it would be easier to discuss each particular one with the lead person of the group. Still what I did define within the first few obstacle would give you an idea.

1. Carry I
 - Sandbag carry or
 - Bucket Carry
2. Charry II
 - Log carry/drag or
 - Chain carry/drag
3. Farmer Carry (III)
4. Mud run through (Steve will do)
5. Mud Crawl
6. Wall Jump (about 32” inches)
7. Wall Jump II (about 32”)
8. Haybales Jump
9. Tire Roll
10. Rope Swing over something (what?). Use goal posts?
11. Run through a portion of the outside Playground?
12. Sled Pull
13. Over / Under
14. Dirt/grass roll
15. Wall Hole Crawl Through
16. Balance Beam (need 3).
 - ?? Traverse Rope

Other

1. Starting/Timing/Finishing
2. Registration/Awards/First Aid/Info/Water
3. Clean-Up Station

Waves will be up to 8 (waves can pass slower wave runners). Most weight carries must be one lighter (RED), one heavier for older kids (BLUE).

Carry I

2 age levels.

Sandbag carry. 20 bags @ ___lbs. Clear signage that RED carries one. BLUE carries two bags.

Carry to and back to stacking spot (about 100' round trip). Steve has about 15 bags.

or

Bucket Carry. 16 Buckets. 8 @ ___lbs. 8@ ___lbs. Each group must be distinguished. Lighter is to be RED. Heavier is to be BLUE. Carry to and back to stacking spot (about 100' round trip)

Charry II

- Log carry/drag
- Chain carry/drag

17. Farmer Carry (III)
18. Mud run through (Steve will do)
19. Mud Crawl
20. Wall Jump
21. Wall Jump II
22. Haybale Jump
23. Tire Roll
24. Rope Swing over something (what?). Use goal posts?
25. Through a portion of the outside Playground?
26. Sled Pull
27. Over / Under
28. Dirt/grass roll
29. Wall Hole Crawl Through
30. Balance Beam (need 3).

Timing

Timers Needed. Racers will start in "waves" of about 6-10 racers. These waves can be 2-10 minutes apart, meaning there could be multiple racers on the course with different starting times. As runners finish their number and time need to be recorded. Course times will need to be calculated based upon their starting time. We will need two groups of 4. Within each group one person will announce the time. The other two will work to record that time and the participants number. The 4th person will be a rotational sub.

Race Assistants

About 6 individuals needed to assist with the drinks and station clean-up.

Financial Sponsors

100% of proceeds go towards the operation of the Playground. Gold Sponsors - \$1,000. Silver - \$500. Bronze - \$100.

Contact

For more information or to volunteer contact:

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