



Volunteers Needed for Dirty Kids Obstacle Race Saturday, Oct. 9, 2021

The Sacramento Adventure Playground is proud to offer the third annual Dirty Kids Obstacle Race on Saturday, Oct. 9 2021.

Obstacle course racing is the new fitness trend, partly because it encompasses an all-around or cross-fit type of fitness, but mostly because it's the fun way to be fit! This reflects what the Sacramento Adventure Playground is – active fun. The Playground relies upon community support and volunteering for this event is a great way to help our program while being involved in this fun event.

The race will be mostly in the field behind the Playground, covering about ½ mile and 15-18 obstacles. Race is for ages 4-15.

This event is our main fundraiser for the year. We are looking for individuals, groups, and people to work or even “own” an obstacle to make this event, and the Playground itself successful.

30-40 volunteers are needed for event operation.

Obstacles

Obstacles can be jumping over a haybale to our favorite – crawling in the mud. Details of last year's obstacles can be found on the website. Note that it is standard not to reveal all obstacles to the participants until only a few days from the race. Partly, this allows needed flexibility in setting up obstacles, but also because the emphasis is to do multi-level training, being ready and adaptable to do anything.

Pre-Race

Much of the racecourse needs to be set-up starting at 7:00^{am} race morning. Besides obstacles, this also includes course marking with tape or barriers. Assistance is also needed for preparation in the days leading up to the race.

Timing

Timers are Needed. Racers will start in “waves” of about 6-10 racers. These waves can be 2-10 minutes apart, meaning there will be multiple racers on the course with different starting times. 1-2 timers will be assigned to a group. Timers will time all kids in a group and note any obstacle failures/non-attempts (eliminates them from awards). Once the wave is completed (about 6-15 minutes) timers will be assigned to a new wave group. Timer Coordinator, Recorder and back-up Timers also needed. Timers do need to be able to move around the course checking on their wave kids.

Obstacle Supervision

1-4 people are needed for each obstacle during the race. Main emphasis is to encourage and provide direction (part of adult obstacle racing can be figuring out how to do the obstacle, but kids can freeze or easily go off course without adult direction). Very helpful to have a lead person who learned the obstacle in advance and can teach assistance to others the day of the event.

Race Assistants

About 4 individuals needed to assist with the drinks, registration and mud clean-up area.

Race Organizers

For those looking for more involvement overall race and organization assistance is available, including Timer Coordinator, Volunteer Coordinator, Registration Coordinator, Obstacle Course Trainer Coach and race organization.

Group and Specialized Assistance

Groups can “own” an obstacle. This can include operation, set-up and/or creation (industry standards must be met). In 2019 Police officers supervised and encouraged tire dragging around a police car. Another example is securing the straw bales in advance and placement and event operation day of.

Training Volunteers

The five Saturdays prior we will have various 1-hour training sessions. Obstacle race knowledge not needed.

Community FUN Day Volunteers

Near the conclusion, our Maple Neighborhood Center site will host a free *Play* and *Art* event. This Community FUN Day is a partnership with the Sacramento Adventure Playground, Crocker Art Museum, 916 Ink, La Familia, Powerhouse Science Center and ARTners. Individuals/groups are needed for booth operations. We encourage groups to create and manage their own booths. Activities must be based upon “play” art, nature, education and of course physical fitness (no carnival style games). 500 youth were present in 2019. Event time is 12:00^{pm}-4:00^{pm}.

Volunteer Times

Actual event time will vary according to number of entries, but event will be approximately 9:00^{am}-12:00^{pm}. Day of volunteering is tentatively scheduled for 7:00^{am}-10:00^{am} (prep) and/or 8:30^{am}-12:30^{pm} (event operation). Pre-race day activities are to be coordinated. 10:00^{am}-4:30^{pm} shifts for Community FUN Day (see above).

Financial Sponsors

100% of proceeds go towards the operation of the Playground. Please see Dirty Kids Race Sponsorships Sheet.

Dirty Kids Obstacle Race Attendance

- 2019 133 participants.
- 2020 155 participants (had to limit. Was one of only two race to operate during the 2020 pandemic).
- 2021 300+ expected.

Contact

For more information or to volunteer contact:

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