



Coaches / Charity Runner Briefing

Training Season 2021

September 16, 2020

Changes for 2021 – Recording this briefing.

- Safety, especially COVID mitigation, is absolutely paramount this season!
- Almost all events through 12/31 have gone virtual.
- With exception of Mardi Gras Madness if forced to go virtual in February, SOAR will not be participating in virtual events this season.
- Instead, Quaranteam Challenge – 9 challenge benchmarks including 4 live annual events and 5 live challenge benchmarks (can't call them events due to gathering restrictions), 5 are unique to SOAR, 2 of those will be one time offerings. \$30 buy in (medal, tech, supplies, and post run grub) [Link to 2021 Event schedule](#)
- A very interesting and unique journey this year. Should be fun! ☺

40 person team max

- 3 participation tiers for 2021: Assistant Coach, Charity Runner, Friends of SOAR (non-runner fundraising only).
- 3 Event choices: LA Marathon, Charity Challenge ½ Marathon (1,100 max), LA Big 5K (Saturday before Marathon).
- Charity Challenge ½ Marathon or Big5K option. Please let me know.

Safety Expectations – received prior to training start. (Need your help reinforcing these please!)

- No paper transactions with exception of team physical (waivers / permission slips, certifications, etc – all digital forms).
- COVID Free Health Certification - completed before first training day by all adult SOAR charity participants, or parent / legal guardian (for students). Every 2 weeks after. Google Form <https://forms.gle/KnNiacJns6g4N5eg8>
- Closed practice sessions. Only family, SOAR participants, community partners with clear health screening allowed.
- No temp scan upon arrival. Sick? Don't come to practice. Still owe miles, but more flexibility with regard to timeline. Coaching staff – will need your help to cert miles! Endomondo or Strava possibility.
- Social D at practice – 'Mask Up'! and maintain spacing when not running – Team Pods. May separate kids by captain and rotate monthly while warming up and hanging out after runs waiting for last runner in. Social Impact only potential bummer ☹ but should be minimal.
- OK not to wear a mask when warming up / cooling down or running but have to wear at all times otherwise. This includes walking to / from training site, and after cool down.
- Everyone will receive a custom SOAR buff and runner's handheld water bottle for use in training.
- Transportation to events – TBD but presents a challenge. Ideas?

Supplies - (Provided to SOAR participants only, no extra cost)

- Bottled water – no common water cooler
- Single serve electrolyte packets – no common Gatorade cooler
- Pre-packaged dry snacks only (pretzels, bfast bars, etc). Laid out prior to avoid cross contamination.
- Bagels, fruit, potatoes (if allowed), will be pre-bagged in sandwich bags and provided on long run days only (Will need help on this please).
- Fruit cups, pre-packaged apple slices
- Other ideas?

Grey tech, training and uniform, crew, v-neck, unisex singlet option

Shoe provider – Runners Lane. Trying to keep things local this year. Team Shoe Day, Sunday 11/22. 20% all items SOAR. 30 day exchange on shoes. Details soon.

Fundraising

- \$700 goal per participant again this year.
- SOAR's 2021 [Mightycause](#) platform accepts all major forms of payment from donors.
- Raffle ticket sales / Mardi Gras Madness Team participation count toward fundraising commitment.
- Assistant Coaches - \$100 fundraising credit.
- Mardi Gras Madness Committee participation - \$100 fundraising credit. Kickoff meeting Sunday 10/18, 4-6p virtual. Flexible on moving date / time if needed.
- Charter Bus / VIP Suite included with commitment.
- Other ideas? Let me know!

Training

- Program similar to last year. Mix things up to avoid burn out.
- Worked really well, limited injury, season flew by! All training calendars posted under the Training tab at www.SOAR-SC.org
- 1st month. Focus on running form, establishing a tempo baseline, education, and physiology. No music until after 1st event 10/31. One ear bud only after 10/31 if music optioned for safety.
- 3 team captains.
- Individualized pacing / calorie burn guides monthly.
- 3 day schedule Modified Hanson method – SOS runs all (no easy) - Tues (intervals, strength, and team challenge workouts), Thurs (tempo), Sat (Off pace long runs).
- Galloway training methodology (Run / walk / run) for injured runners only, but if you'd like a pacing guide for this method as an adult, let me know.
- All scheduled runs posted to SOAR's Interactive calendar. [CLICK HERE](#) 6 day schedule if you'd like to get the full Hanson's effect (includes easy miles – refer to Pacing Guide)
- Student performance feedback weekly
- LARR free video clinics and training tips – Live Zoom Meetings
<https://www.lamarathon.com/pages/larr-events> to join any workshop.

\$170 Marathon payment (\$135 Charity Challenge ½ Marathon, \$40 Big5K) due by 11/15. Venmo or Zelle preferred. Refund from SOAR if LA canceled as long as you haven't registered – recommend no entry for full marathon until after Feb 1st. Charity entries guaranteed.

Next steps

- Student Parent Info meetings, Tues Sept 22nd, Wed Sept 23rd 3pm via Zoom.
Details at www.SOAR-SC.org
- Community fun run Thursday Sept 24th 6-7p at Lowes
- Team tryouts Sept 29th, 30th, Oct 1st 330p at Lowes. Need 3 or 4 to assist if avail please!
- First training day Tuesday October 6th 330p at Lowes.
- Charity agreement needed by 9/30. Let me know if any questions concerning fundraising expectations. <https://forms.gle/5ynMNkfDtqjy7uFXA>
- Link to coaches / charity runner only hidden information page: <https://soar-sc.weebly.com/coaches--charity-info-page.html>