

**Students Off And Running
2021
Final Safety and Information Meeting
3/10/21**

Start RECORDING –

Open forum. If you have questions, please feel free to unmute and ask away. Nadia is monitoring chat and will read me all questions pending at conclusion.

Thank you all for your time today.

With the onset of the pandemic and resulting postponement of the LA Marathon 18 weeks into the season, rather than cancel the remainder of the season, we felt it important to try and offer something both challenging and life changing in continuing with SOAR tradition to the kids who had stuck with their training commitment.

The end result, 4 new local courses in support of half marathon, 20 mile, and full marathon distances. Thanks to everyone that gave input in helping to develop these new and challenging courses!

To our student runners, and nod of recognition. ☺ It's been a long a difficult road, and your coaches and I have full confidence that this season's training system has adequately prepared you to physically take on the next 3 weeks' challenges, and that each of you will carry on SOAR's 100% completion tradition! The road ahead will be hard, but we'll do it together, one mile at a time!

That said, we do this safely or we don't do it at all. SOAR families and community volunteers, we need your help in staffing key course locations in order to make this work. If each event is not adequately staffed, we will unfortunately be forced to cancel.

Upon conclusion of tonight's briefing, a link will be sent to parents and adult participants certifying your understanding of Team safety expectations moving forward. All SOAR parents and/or legal guardians (on their child's behalf), charity runners, community runners, and adult course volunteers will need to complete this certification. It will be assumed that each student's legal guardian will have discussed safety expectations with their child, and as such, students will not need to complete this certification.

Upon submission, each respondent will be prompted to visit a volunteer sign up using the SignUp Genius volunteer management platform in support of either or both events. Please register for sign up slots marked ****PRIORITY**** first. These are key aid and turn locations.

Finally, an important note. The SOAR 20 Miler and SOAR 4 Corners Tour Marathon / Half Marathon are "at will" team training activities. Due to current gathering restrictions, we can't officially call them events. Neither have officially been sanctioned by the City of Santa Clarita, and no permit has been requested or issued for either activity.

This evening's presentation will cover 3 areas: safety, and general overview of the SOAR 20, and SOAR's 4 Corner's Marathon / Half Marathon Tour.

Safety

- SOAR parents and/or legal guardians (on their child's behalf), charity runners, community runners, and adult course volunteers will complete SOAR's Final Safety and Participation Agreement for 2021 upon completion of this briefing. It will be assumed that each student's

legal guardian will have discussed safety expectations with their child, and as such, students will not need to complete this certification.

- Runners will carry masks at all time, mask up at aid stations, and when in proximity of volunteers.
- Volunteers should wear masks when interacting with participants or other volunteers from outside their immediate family unit.
- SOAR '21 team members must wear a SOAR Tech Shirt for both events. This is for easy identification by all involved. For RL participants, a SOAR marathon Tech T has been ordered for you as part of your entry fee. We would ask that you wear our tech T as well if possible.
- Each participant will receive a race bib for both the 20 miler and 4 Corners Tour. This bib will be linked to your emergency contact information, and must be worn at all times during either event.
- All participants must carry a cell phone. Cell phones must be charged! Parents, please let me know if this is an issue.
- The 20 Mile course will have 4 primary aid stations. The 4 Corners Tour has 5. At the start of both events, a stopwatch will be activated simultaneously at each aid station.
- Runners must check in at each aid station with the appropriate split time for each segment completed. Segment cut time pacing will be posted for each segment as well.
- The 20 Miler will be chalked and taped with mile markers chalked every mile.
- The 4 Corners Tour will be chalked, and taped with postage signage every half mile.
- For the 4 Corners Tour, Coach Kevin will pull course signage as he clears the course and drop at cheer / aid stations to be transported back to Heritage Park.
- Course aid will be set roughly every 4-5 miles. STUDENTS MUST CARRY A HANDHELD. NO EXCEPTION! Charity runners and RL participants are encouraged to do the same.
- All participants MUST CHECK IN at each aid station with their personal split time as shown on the stopwatch. Cut times will be posted at each aid station.
- Coach Kevin will maintain a 15 min / mile (SOAR's cut pace) as official sweep for both challenges.
- No student participant will be permitted to pace behind the sweep.
- Students MUST call Coach Kevin if leaving the course for any reason during either activity (ie, bathroom, injury, etc.)
- Students MUST call Coach Kevin if returning to the course for any reason during either activity (ie, bathroom, injury, etc.)
- Restroom locations will be chalked with "RR" and arrows at key locations. We're working on getting a porta john at the Lost Canyon start location and Magic Mountain aid location.
- All students are required to complete SOAR's 20 miler in 5 hours or less to be cleared for the 4 Corners Marathon.
- For the 4 Corners Marathon, all students MUST to check in to Aid 7, Mile 19.4 at TJMaxx (Iron Horse) in 4:51 or less (15 min / mile).
- Students checking in to Aid 7 later than SOAR's 4:51 cut time will be held, their parents contacted, and released to their parent's supervision.

20 Miler

- Students – Permission slip required.

- Course will cover the first 19 miles of the 4 Corners Tour Full Marathon course with **redirect** to Heritage Park just past mile 19 to round out the full 20 mile challenge with family reunion area at Heritage Park in the grassy area close to tennis courts and pavilions.
- 6am hard start at Lost Canyon TH – Navigate to Lost Canyon Dental parking lot. I need everyone there by 530am. Be on time or get left behind!
- Recommend drop off since unsure what the long term parking situation looks like.
- No restroom at start. Make sure to use the restroom prior to arrival. Multiple restroom options along the course and at finish. Chalked at locations “RR”
- Four official Aid Stations on this course with Aid 2 at Runners Lane and Aid 4 at TJ Maxx acting as primary hubs.
- Official finish for this run is where the side entrance to Heritage Park meets the paseo where each runner will receive their finishers’ medal.
- Course volunteers, when signing up for this event please register for sign up slots marked ****PRIORITY**** first. These are key aid and turn locations where runners may go off course.
- We’re going to try and grab a pavilion for post run gather, but if reserved, we’ll be in the grass close to the pavilion so bring beach chairs, blankets, and warm clothes.
- Lunch post run will be Street Tacos after last runner finishes around 11:30a SOAR participants + 2 guests.
- Families are asked to bring a dessert item to contribute.
- Lunch will be served when I finish as sweep, and no one may leave until I clear the course.
- Families are not required to stay for lunch
- Finishers’ certificates will be presented post lunch to each student so if you have to leave grab your cert before you take off.
- Community volunteers are welcome to join the post run grub fest as well.

4 Corners Marathon / Half Marathon

- Students – Permission slip required.
- Official Marathon Info packets and marathon week team itinerary will be distributed to all students Saturday, 3/20. This information will be posted on SOAR’s website as well and a link sent to parents, community participants, and volunteers.
- Pre-run carbo load dinner TBD will be offered Friday 3/26, 2pm. Due to the size of our group and COVID restrictions, this opportunity will be open to SOAR team members and local community participants (3) only. Unfortunately we’re unable to accommodate family members for this activity. Community Runners, if you would like to attend this activity, please email or text me at 661.877.7024 by this Friday.
- Pre-race packets, finishers T’s, and race bibs will be distributed Friday.
- Course will cover all 4 corners of the valley with a final 7 mile final push along the Iron Horse Trail Event ends at Heritage Park in the grassy area close to tennis courts and pavilions. Course map details will be uploaded next week.
- 6am hard start at Lost Canyon TH for full marathon – Navigate to Lost Canyon Dental parking lot. I need everyone there by 515am. Be on time or get left behind!
- Recommend drop off since unsure what the long term parking situation looks like.
- Working on getting a porta john at Lost Canyon start and Magic Mountain Aid Station (Aid 3). Make sure to use the restroom prior to arrival. Multiple restroom options along the course and at finish. Chalked at locations “RR”

- Half Marathoners. Two start location options – First Half Option - 6am at Lost Canyon TH with the team with a finish at the Runners Lane support station or - Second Half Option- 8am start at Runners Lane support to Heritage Park. If choosing Second Half, BE ADVISED aid will not be in place on the second half of the course until 730a. We recommend you start no earlier than 8am.
- Four official Aid Stations on this course with Aid 2 at Runners Lane and Aid 4 at TJ Maxx acting as primary hubs. **Aid 4 at TJ Maxx** will have additional support for the final 7 mile push.
- Official finish for this run is at the family reunion area just before the tennis courts Heritage Park meets the paseo where each runner will receive their finishers' medal.
- Course volunteers, when signing up for this event please register for sign up slots marked ****PRIORITY**** first. These are key aid and turn locations where runners may need direction.
- For the 4 Corners Marathon, all students MUST to check in to Aid 4, Mile 19.4 at TJMaxx (Iron Horse) in 4:51 or less (15 min / mile).
- For safety reasons, students checking in to Aid 4 later than SOAR's 4:51 cut time will be held, their parents contacted, and a decision made as to whether or not they can continue. This protocol is not intended to be punitive, but is maintained in order to ensure each runner's safety and a reasonable finish time.
- We're going to try and grab a pavilion for post run gather, but if reserved, we'll be in the grass close to the pavilion so bring beach chairs, blankets, and warm clothes.
- Lunch post run will be Subway sandwiches and runners are welcome to eat as they finish. SOAR participants + 2 guests + volunteers are welcome.
- As sweep, no one may leave until I clear the course.
- Briefing / team pic after we finish – should wrap no later than 2pm
- Community volunteers are welcome to join the post run grub fest as well.

Questions?

Next steps

- Link to safety and participation understanding survey sent post meeting.
- Complete safety and participation understanding survey. (2 min reply)
- Sign up to help staff both events using the volunteer link provided in the survey submission confirmation. www.tinyurl.com/soarteam
- Connect with course volunteers either in person or virtually to get them their supplies and show staging location.

A written copy and a recording of tonight's presentation will be posted on SOAR's website at SOAR-SC.org > Meeting and Event Reminders