

HOW TO HOST A FUN RUN

Want to host a Fun Run but don't know where to start?

Use this guide to learn all the tips and tricks

PLANNING

EVENT NAME & THEME

Be creative when picking a name for the run! Sometimes themed runs attract more participants than just those who enjoy running. Consider a fun theme for your next event.

DATE & LOCATION

If you choose to have your race on the weekend, be sure participants are able to get there. If your location is off-site you may need to consider permits and if washrooms are available. Be sure to map your course out prior to picking your location, you may consider having a flat or hilly route.

SPONSORS & VOLUNTEERS

Contact local businesses to see if they are willing to donate some of your supplies. Create a volunteer committee to help organize, set up and clean up after the event.

ADVERTISING

Advertise in the school community and invite neighbouring schools if you want. Students can help by creating signs to promote the event.

SUPPLIES

Everything you need to run a great event. Be sure to contact local businesses to see if they can donate supplies

Food	Race Bibs
Water	Safety Pins
Tables	Sound System
Start & Finish Line	Music
AMA YRC Finisher Prizes	Microphone
Course Markers	Clock (optional)
Course Signage	Race Shirts (optional)

RACE DISTANCES

Suggested race formats include: running a set distance or running as many laps as you can in a given time.

GRADES K-3

1 km

GRADES 4-6

2 km

GRADES 7-9

4 km

GRADES 10-12

5 km

RACE DAY

A sample timeline of a Fun Run.



PARTICIPANT REMINDERS

WATER BOTTLE

To keep hydrated during the race all participants should bring a water bottle. Water should also be available for re-fills if needed.

DRESS FOR THE WEATHER

Your event will likely happen rain or shine, participants need to be reminded to check the weather prior to the event and bring layers if necessary.



SOURCES:

<https://www.raceentry.com/how-to-organize-a-5k>

<http://bit.ly/coacheshandbook>

<https://www.active.com/running/articles/how-to-organize-your-first-race>