

Slow Race Checklist

Before:

- Coordinate availability with ECO₂school staff
- Make sure you have all your supplies
- Work with the teacher advisor and administrative staff for event approval.
- Advertise your event with banners, posters and announcements.

On Site:

- Allow at least 45 minutes set up time on site
- Find a flat space on the quad
- The course should be about 50 feet long with 4 lanes
- Each lane should be 4 feet wide
- Use the measuring tape to make the distance between lanes
- Use the snap line to outline the lanes and then go over it with chalk
- Mark the corners and beginning and end of each lane with cones
- Clearly mark the start and finish lines

During:

- Participants line up behind the start line
- All participants should wear helmets
- The muscles of the rider must provide forward motion
- No part of the competitor's body may touch the ground
- The bicycle must remain within the boundaries of the lane
- Forward motion must begin when the leaders says start not before or after a significant delay
- The last person to cross the finish line wins
- Don't forget to take pictures and video

After:

- Pack up materials
- Count the cones to make sure you have them all.

Materials Check List

- Table
- Banner
- Table cloth
- Sponsor List
- Clip board with paper and pens
- Bikes
- Chalk
- Cones (1/2 tennis balls)
- Snap line
- Measuring tape
- Helmets
- Prizes (?)
- Camera
- Video camera

