

## Slow Races 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 measure the distance between lanes, and use chalk to mark the lanes
- Mark the corners and beginning and end of each lane with cones
- Clearly mark the start and finish lines with chalk

### 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 leader 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 Checklist

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

