



Volunteer Update Page

Kindred Souls Foundation
Unleashed at Stadium Bowl – Volunteer Zoom Meeting Agenda
July 13, 2025 | 10:30AM – 12:30PM

I. Introductions

- a. Directors: Brian, Kelly, Amy
- b. Leads: Alyce (Food Garden), Chris (Packet Pick Up), Monica (Signs/Drive), Jane (Results & Awards), Joan (Parking/Drive), Lisa (Wellness Partners), Shawndra (Field Safety), Brian (Race Marshals/Heroes Race), Ron & Matt (Heroes Race)
- c. All contact info for Directors/Leads is on the volunteer update page

II. Important Info

- a. Volunteer Update Page – bookmark it: <https://unleashedatstadiumbowl.org/2025-update/>
 - i. All updates will be on this page including field and parking maps, volunteer position charts, visuals, etc.
 - ii. The link is not on the main Unleashed website – bookmark it!
 - iii. Volunteer position chart will be up by 7/21 and may change between then and race day, so check the volunteer update page often!
- b. Unleashed website – review each page and take the ‘Check on Knowledge’ to be sure you know everything ‘Unleashed’! The link to the Check on Knowledge form is on the volunteer update page
- c. Your role is critical for the success of the event! Please reach out if you have questions or concerns and give us as much advance notice as possible if you cannot make it. Losing even one person can upset the flow, so having as much advance notice as possible helps us tremendously!

III. Overview of Unleashed

- a. KSF’s 15th Annual Fundraiser + Community Event
 - i. Community, Wellness and Food Garden partners & Heroes Race
 - 1. Community Partners: Wolf Haven International, Crystal Judson Family Justice Center, Chambers Creek Vet Hospital, Summit Vet Referral Center, Hula Halau ‘O Ke Ola Hawai’i
 - 2. Wellness Partners: Revive Yoga, The Path Rehab & Performance, Nearing Total Health, YMCA, Stretch Lab, Alexandar School of Massage
 - 3. Food Garden Partners: Trader Joe’s, Outer Dark Coffee, Howdy Bagel, Intensions Juice, Sportea, Monster Energy, Topside (possibly)
 - 4. Heroes Race
- b. Safety is a top priority
 - i. Familiarize yourself with the FAQs and Rules on the website
 - 1. FAQs: <https://unleashedatstadiumbowl.org/faqs/>
 - 2. Rules: <https://unleashedatstadiumbowl.org/rules/>
 - 3. Medical SOP will be posted on the volunteer update page after 7/23
 - ii. Volunteer Safety
 - 1. Medical tent is always on the 35-yard line
 - 2. Water points (manned and bottles) throughout the course

3. Field/Stair Quad Areas - Field broken into quadrants for safety volunteers; two vols per quad overseeing steps and ground while positioned on the field; each quad will have a 2-way radio, and some will have a safety flag
4. All volunteers need to always be situationally aware
- iii. Safety Zoom and Meeting (for medics and race marshals, but all can join)
 1. Zoom: 7/23 from 7pm – 8pm (link will be on the volunteer update page)
 2. Race Day safety brief: 8/3 on the field at (time TBD)
- c. Pre-Event Task – what to expect (positions will be posted on volunteer update page shortly)
 - i. Packet Assembly- Wed, 7/30 - Lakewood Family YMCA 5 - 8pm (Shawndra)
 - ii. Packet Pick Up- Friday, 8/1 Lakewood Family YMCA 3pm-7pm (Chris) **(3-4pm for set up – racers from 4-7pm)**
 - iii. Field Set Up, Saturday, 8/2 Stadium Bowl 3pm - 7pm (Brian)
 - a. Please hydrate before and during set up. There will be bottled water and food provided which will be located under the score board.
- d. Event Day Positions (will be posted by 7/20 – waiting on final vol forms)
- e. Additional highlights
 1. Program Guides are given with the race t-shirt and contain helpful info
 2. 1628/3256 stickers given at packet pick up with race bib
 3. '3256' t-shirt iron on given at packet pick up with race bib
 4. '3256' bib stamp for 2-Lappers – designated tent on field (TBD)
 5. Lost & Found is in the Food Garden
 6. Special award recognition for Dr. Annie Thiessen – New: donations matched up to \$11K!
 7. Food Garden – all items are complimentary to those with a race bib. It is not intended for spectators or anyone else not racing. Please alert Alyce (Food Garden Lead) if there are issues. There will be signage in the food garden and at each booth indicating that the food/beverages are for racers. Food/beverages given out by business is to their discretion, so if they wish to give to others that is of course fine! Snacks for volunteers will be with Alyce and they will be hand friendly. If you have dietary restrictions, please consider bringing something you can safely eat/drink to keep you energized! No colored beverages outside of the food garden or any beverage/food that could damage the field out of respect for the school.

IV. Race Day Timeline - Draft

0700: Team Meeting on the Field by scoreboard – all* volunteers must be on the field by 7am so please plan on arriving 10-15 minutes early to give enough time to park and walk down the long driveway to the field. ** volunteers on Parking Control meet at the top of the drive at 7am*

0715: Disperse to your first area as noted on the volunteer position chart for set up/briefings

- Food garden vendors arrive
- Field inspection - walk the field to check tents, wipe condensation off tables, and ensure all is ready
- Field sign placement: medical tent, food garden, packet pick up, and track with the Timeline, Race Route, and Rules signs

0800 – 0830: Packet pick-up opens. Many racers will arrive as early as 7:30-7:45am so please be prepared to welcome them, answer any questions, and direct them to the packet pick up area. Warm up stretching w/Revive Yoga Co. on the field.

0815: Safety brief w/Brian & Shawndra for those noted on the volunteer position chart

0830 - 0900: Heroes packet pick up opens (Ron and Matt)

0845: Racers line up by mile time (fastest to slowest) – designated volunteers will hold mile time signs; disperse to your next position if it changes

0855: Welcome announcements and safety brief

0900: Disperse to your next position if it changes; PPU stays open until ~0930

0905: Blanche Berg, 133rd Army Band, sings the national anthem

0910: Main race begins – **During the race please be sure to cheer the racers on! They love this and it inspires spectators to join in! Stay off the track and out of the endzone where the Start/Finish Lines are**

0930: Participants enjoy complimentary massage, ice baths, injury assessments & foam rollers, stretching on the field and food in the food garden; disperse to your next position if it changes

1000-1010: Heroes race begins (Heroes Leads will determine line-up time prior to 10)

1045: Official chip timing ends – anyone still racing at this time will be marked as DNF

1045: Award Ceremony (must be present to receive medals/trophies)

~1115: Take down – When taking down your assigned area, please do your best to keep things as neat and organized as they were when setting up. It takes a tremendous amount of time to prepare everything we need for race day as well as to go through everything after race day to store it for next year so let's do our utmost to make this as easy as possible for next year!

There will be a volunteer gathering (location TBD) after taking down to hang out, have a cold beverage, and celebrate all our hard work (1st round on Kindred Souls Foundation!).

V. IV. Questions/Comments