

Kindred Souls Foundation
Unleashed at Stadium Bowl – Volunteer Zoom Meeting
July 14, 2026 | 6:00PM – 7:30PM

Welcome!

Thank you to all the returning and new volunteers! We could not put on this event without your generous help. We want to create a safe experience for the racers so that they can comfortably go all in. Safety is of the utmost importance, so we ask that you review and understand the event (read the website) with special emphasis on safety.

Bookmark and Monitor for Updates: https://unleashedatstadiumbowl.org/volunteer_update/
(not the same volunteer page as the one on the main website)

Overview of Unleashed

Unleashed at Stadium Bowl is the annual fundraiser for Kindred Souls Foundation. KSF is 100% volunteer-run as is Unleashed except for the chip timer and DJ. Additional event costs are insurance, security, bowl rental, t-shirts, race bibs, event guides, some food and beverages, and various supplies and printing.

Race Day Timeline

0800 - 0830: Packet pick-up; Warm up stretching with Revive Yoga Co.

0830 - 0900: Heroes Race packet pick-up

0845: 1628/3256 racers line up by mile time (fastest to slowest)

0855: Welcome announcements and safety brief

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

0910: THE RACE BEGINS!

0930: Race participants can enjoy complimentary massage, vitamin injections, partner stretching, foam rollers and compression sleeves on the field along with complimentary food and beverages in the food garden

0945: The Heroes Race begins!

1045: Official chip timing ends

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

1115: Take Down

When all is complete volunteers in yellow shirts can join our KSF volunteers for a drink at McMenamins on us!

Parking – CARPOOL!

1. Volunteers Only: WA Historical Society Parking Lot + on street where authorized (No parking in the SHS parking garage – this is for participants and churchgoers)
2. Race Participants: SHS parking garage + on the street where authorized (No parking in the WA Historical Society Lot)

Food Garden

1. Race participants who are wearing (or show) their race Bib
2. Volunteers wearing a yellow Unleashed t-shirt, **but only in the delegated volunteer area of the food garden** and **not** at the individual food vendor booths

✓ *We need 4 people to bring 2-3 bags of ice (preferably in an ice chest) – can anyone help?*

Safety Points

1. No belongings on the stairs
2. No people on the stairs other than medics, race marshals, designated KSF vols, race participants only when racing
3. No ear buds
4. No Loads (Heroes exception)
5. ***Yes* Hydration Packs**

Medical Protocol:

- If there is an obvious medical emergency (i.e., head cracked open, compound fracture, someone being unconscious) then call 911 **and** alert the medics. If it is not obvious, then alert the medics who will make the judgement call.
- If it is a situation that does **not** require a 911 call and the person is on the field and can walk, assist them to the medic tent
- If it is a situation that does **not** require a 911 call and the person is on the field and unable to walk, then ask someone to sit with that person until you can retrieve the medics
- If it is a situation that does **not** require a 911 call and the person is on the stairs, then alert the medics at their tent or if you are right by a Lead with a 2-way radio, then ask the Lead to call the medics

Overview of Volunteer Areas: Pre-Event

07/29/26: 5:00pm-7:30pm | Lakewood YMCA | Packet Assembly (Lead: Shawndra)

07/31/26: 3:00pm-7pm | Lakewood YMCA | Pre-Packet Pick Up (**NOTE:** *volunteers start at 3pm and participants arrive at 4pm*) (Lead: Chris)

08/01/25: 3:00pm-7pm | Stadium Bowl – Field | Field Set Up (**NOTE:** *volunteers start at 3pm and partners arrive at 4pm*) (Lead: Brian)

Overview of Volunteer Area Leads – **Listed on Volunteer Update Page**

1. Packet Pick Up – Chris (also POC for after event drinks at McMenamins)
2. Signage Positioning – Donald
3. Traffic Control - Monica
4. Parking Control – Joan
5. Partner Support – Lisa
6. Food Garden – Alyce
7. Race Results / Awards – Jane (also POC for after event drinks at McMenamins)

8. Race Line - Faye
9. Safety – Shawndra
10. Heroes Race – Brian, Ron, Matt
11. Race Marshals – Brian

Questions/Comments

1. Are participants are allowed to bring towels to lay on the grass and watch the race?
 - a. Yes, that is encouraged since they cannot sit on the steps/bleachers
2. Are participants, spectators, and volunteers allowed to bring food into the bowl?
 - a. Yes. We kindly ask that anyone who brings in food or beverage be sure to clean up after themselves, throw away trash or recycle if there is a recycle bin available. We will strategically place garbage cans around the bowl for convenience.
3. Comment: know the safety protocol. Everyone in yellow volunteer shirts are a trusted source for racers for both questions and safety. When in doubt- find an Area Lead.