



The Aut2Run 2016 Social Story “How to Run a Race”



Created by



Channel Islands
Social Services
Respite Care

On Sunday, April 17, I will run or walk in a fun race called Aut2Run!



On race morning, I will wake up
and eat a healthy breakfast.



I will wear running clothes, athletic socks and running shoes to protect my feet.



I can dress up like a superhero if I want to – we will be celebrating “Everyday Heroes”

It is OK if I don’t want to dress up.



My family and I will drive our car to the race in Camarillo. There will be a lot of cars with other families too.



We will park our car and walk to where the finish line is. It will not be time to start the race yet. We will see lots of people at the race and I may see people I know.



We may stand in line to pick up a goodie bag with our race numbers and shirts (if my parents did not pick them up on Saturday.) Everyone gets their own bag.



Everyone in the race must wear their own paper number on their shirt – this is called a race bib.

Everyone's number is different. I will wait until after I have stretched to put it on.



I will be given a soft race shirt that I can wear at the race or at home. It looks like this. The shirt was designed by Alexis, who has Autism. I don't have to wear it if I don't want to.



This year, I will be able to choose some fun glasses to wear that are free for all runners. I may not get the exact one I want, but that is OK. I do not have to wear them today.

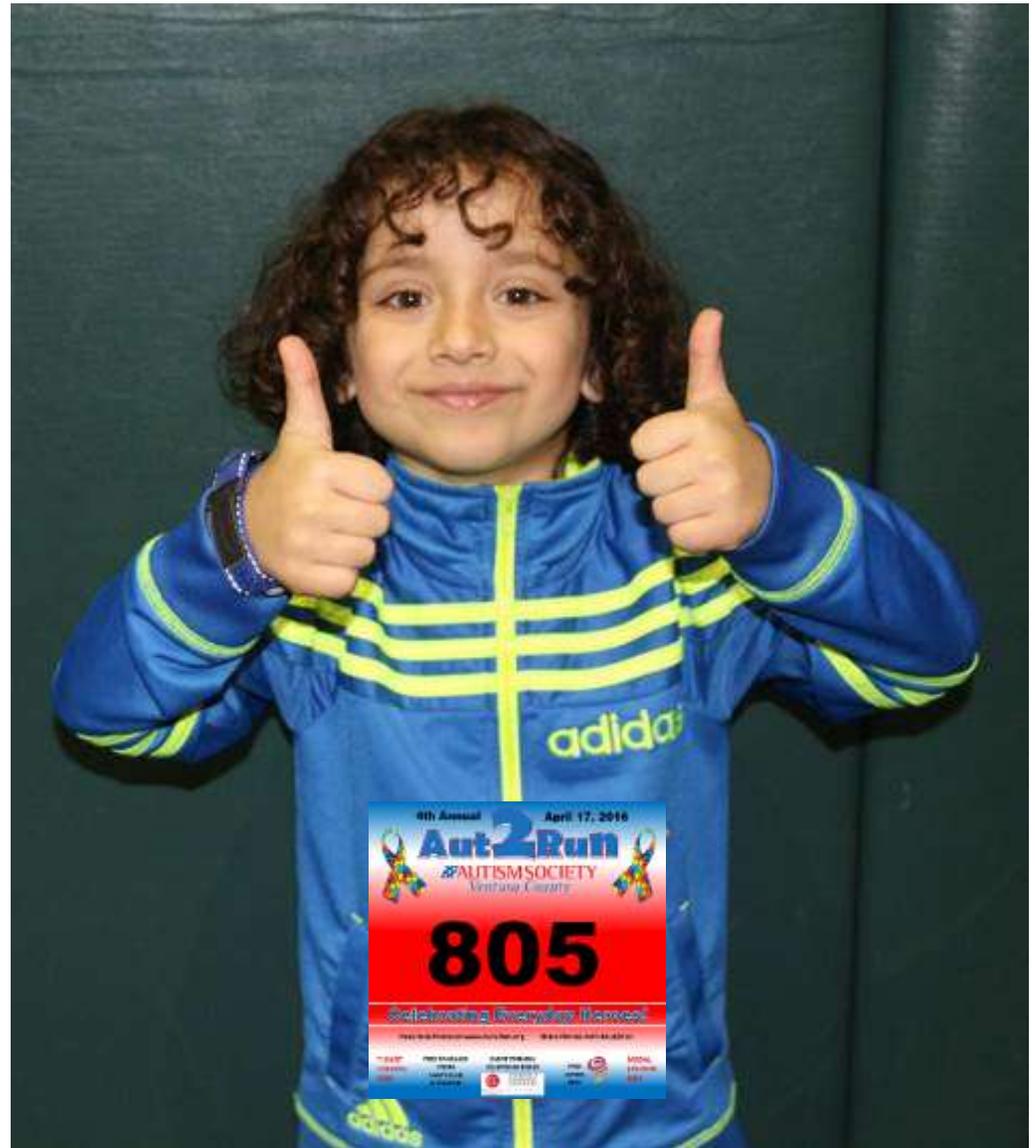


Just before the race,
I can join a group of
people near the
stage to stretch
together.



I will stretch my body
and not bump into
others.

When I am done stretching, I will ask for help to pin my race bib to the front of my shirt with safety pins.



When it is time for my race, I will line up with other kids and families behind the START sign in front of the Bell Tower and wait.



The fastest runners will be in the front and walkers in the back.



When I hear the race announcer say
“GO!” I will start to run or walk
and not bump into others.



When I run or walk,
I will stay on the
course and with the
group. We are
allowed to walk up to
2 people next to each
other for safety.
I will be careful and
not get next to cars.



I will follow the signs and people that tell me which way to go.



If I get thirsty I can take 1 cup of water from a volunteer at the water tables to drink or I can bring my own bottle.



I will throw my empty water cup in the trash can. It is OK if runners throw cups on the street today. Volunteers will clean them up.



This picture above is from the LA Marathon. That race had thousands of runners. They were messy but volunteers cleaned them all up!

If I get tired I can walk, but I have to keep going until I cross the finish line.
If I get hurt I will stop and ask a volunteer for help.



Volunteers will be on the side of the street and some will be wearing a green. They will be cheering for me and saying “Good Job!” Some will be holding signs. I do not have to read all of the signs.



The signs are meant to make people laugh or smile and to encourage them to keep going to the finish line.



When I cross the FINISH line the race is all done and people will cheer for me!! I can yell “I did it!” and put my hands in the air too.



Volunteers will give me a medal I can keep and I can wear on my neck after the race.

I do not have to wear the medal if I do not want to.

I will say “thank you.”



I can stop and smile for a photographer who wants to take my picture with my medal.

I can ask to connect my medal with others. When the race is done I can get some free water and food and rest!!





I can cheer for other runners by clapping or by yelling “Go!” or “Good Job!”



If it is too noisy at the race, I will ask my family to take me to the quiet classroom to relax, or to go for a walk away from other people.



After the race is over, people may ask me “Did you have fun?”

I will say “Yes” if I did.

Then I will show them my medal and they may say “Great job!” I will reply “Thank you.”



This is Alan. He is a very fast runner. If you see him, say “Great Job Alan!” These are two of his coaches with Train4Autism. They help people learn to run and have fun.

I will relax after the race with my family on the grass, go with my family to the KidZone to play, or go get a pancake to eat.



If I want to go in the bounce houses, I will ask my parents to sign the paper and my hand is stamped by a volunteer. I will wait my turn and follow directions.



These are examples of bounce houses or inflatable slides. The ones at the Aut2Run KidZone may be different than these.

My parents and I may visit with people at Resource Booths who will talk about services that can help others. I will be patient and listen. I can ask questions too.



I will have a chance to look at art created by kids and adults who have Autism, and I might be able to do some arts and crafts too.



I will go home with my family after the event. We will talk about the race and what we liked. We might hang our medals up at home and talk about training for our next race.



There are many good races in our area like this one in September that has a 5K and Kids Fun Run.

I will call or write Thank You notes to our friends who donated money to the race to thank them for supporting me, our family, and the Autism Society Ventura County.



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