

## Race Day Lunches – 2024 version

(last updated after Bachelor 2024)

### **General Background**

Traditionally the Panthers provide breakfast snacks and lunch for the team and families on race day. Race venues are generally not in convenient locations to grab any food quickly, nor do our riders have time to leave the venue to get a meal. Lunch is generally geared towards Student Athletes and Coaches, but the team encourages families to participate to create that sense of community the Panthers are known for.

### **Overview**

There are few different roles to support the Race Day food:

- Shopping for food and transporting to the race (1 volunteer per race)
- Race Day food setup (3 volunteers per race)
- Cleanup and leftovers (currently an ad-hoc responsibility)

### **Shopping**

The team has several bins of supplies and equipment. Basic items like serving trays, bowls, paper plates, utensils and napkins are provided by the team and hauled to the venue in the team trailer. The team also has at least 2 large coolers you can make arrangements to pick up at practice before the race weekend, if you want to use them.

Shop for 60 riders and families. Estimated number of lunch participants = 100-120 people. Avoid bottled water and Gatorade. These get wasted, they're expensive and athletes have their own water bottles. Powdered Gatorade and or lemonade is a better choice. Keep in mind, you'll be transporting all this food (some of it in the 2 large coolers), and it's not a small load, a few bins.

Check with the crew that organized the previous lunch to determine what is left over from the last race. Usually dry goods like granola and trail mix and condiments last a couple races. We usually have an abundance of hand sanitiser, napkins, paper plates and plastic cutlery left over as well but it is always good to check with the previous race's lunch crew.

Importantly, there needs to be a coordinated handover of the food to the setup crew on race day. This can happen beforehand (perhaps the night before), or by delivering the food to the pit zone first thing in the morning.

### **Race Day food setup**

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The setup crew should set out morning snacks as soon as the Pit Zone is set up around 6:30-7am. Middle school boys race first. Lunch is set up around noon and ready to serve when the high school boys are done racing, so there is enough left over for them to have a meal.

Cut items in smaller portions. We've found larger portions get wasted. Particularly, apples should be quartered, halves go to waste.

Encourage parents to help patrol the area and keep it clean and organized. Student Athletes often need to be reminded to not waste food and eat what they take. Keep an eye on the trash and remind riders to keep their bike gear off the food table.

### Cleanup and Leftovers

We have a bin devoted to dirty dishes after the race now. Usually a family will volunteer to take home all the serving trays and dishes to wash. Families who've done this before always jump in and help so don't stress too much over how to do it.

There is a bin for dry-good / non-perishables in the trailer. Dry leftovers can be stored there for the next race.

Refrigerated leftovers / perishables can go back in one of the coolers, and stored for the next race. Ideally, this could go to the person doing the shopping for the next race, but they'd need to transport the cooler. Otherwise, the current race shopper or anyone else could take it home to refrigerate.

### Shopping List

#### Breakfast Snacks

- 1 Costco size bag of Trail Mix (4 lb bag)
- 1-2 bunches of bananas cut in half (2 Costco-size bunches are enough)
- 2 bags of small oranges (5 lb bags)
- 1 bag of apples cut in quarters (4 lb bag)
- 2 sliced cantaloupe or 2 boxes of Costco grapes (or the like)
- 2 dozen bagels cut in quarters (2 2-packs from Costco) (put out 1 bag at a time)
- 1 tub of cream cheese (48 oz tub)
- 2 boxes of Granola bars, Cliff bars, Power bars etc etc.
- 1 jar Peanut butter, 1 jar jelly, 1 jar honey
- 1 veggie tray (Costco 4 lb veggie tray)
- Costco tray of muffins or something similar

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### Lunch Meal

- 8 Loaves of bread – various, at least 1 gluten free
- 10-12 lbs of lunch meat – ham, turkey, salami, etc
- 2-3 heads of Romaine lettuce for sandwiches
- 10-12 tomatoes for sandwiches
- 2 large jars of dill pickles (Costco Grillos 52 oz)
- 4 lbs of sliced cheese
- Condiments – mustard, mayo etc as required
- 2 large watermelons
- 3-4 large Costco sized bags of chips. Various
- 1 veggie tray (Costco 4 lb veggie tray)
- 1 Container of hummus
- 1 Large bag of Hi-Chews – official team candy
- 2-3 Boxes of cookies
- Items left over from morning snacks
- Items left over from team dinner the night before
- 5 1 gallon jugs of water (depending on what is already in the trailer)

### Supplies

- Paper plates
- Plastic silverware
- Paper cups (but we should minimize use, the riders have bottles to use)
- Lysol wipes
- Blue tape and sharpies (for writing names on cups, etc.)
- Zip-loc bags, gallon and quart size

### Others

- Enough ice to transport in coolers and keep until lunch the next day
- Anything parents bring or anything you want to bring that looks good. Be creative!