

Volunteer Instructions updated Mar 26/19



AID STATIONS

Arrive at least 30 minutes before the first runners are scheduled to arrive, so you have time to set up the table(s) and pre-fill cups and dispensers, and make sure everyone is ready for the runners.

Orange barrel coolers are for water. Blue coolers for Gatorade.

To mix Gatorade, fill the **BLUE barrel** dispenser with water and add 2 canisters of powder. Shake well or stir with wooden spoon (captain please bring your own). DO NOT put sports drink in Noah's Water bottles or the orange barrels. Use 3rd Gatorade can to make another half batch if needed.

Set up water and Gatorade dispensers, on separate tables. You will have 2 tables. Set them up about 30 feet apart. Gatorade first, then water (as runners come by). Refill the water barrels as needed, from the Noah's bottles (place barrel on ground first to make it easier to fill).

Set up a garbage can/bag about 30 ft past the last table, for runners to throw their cups into (or try).

Everyone at the water stations must wear the vinyl gloves provided.

Pre-fill as many cups as you have room for – each cup 2/3 full.

Volunteers (with vinyl gloves) holding cups shout "GATORADE" or "WATER". Spread out along the road, 6-8 ft between each volunteer, extra space between Gatorade & Water. **EVERYONE MUST BE ON THE SAME SIDE OF THE ROAD - the verge.** Do not cross the runners' path.

Dangle cup by the rim between thumb and forefinger, and move arm with the runner a bit so it's a smoother grab. Have more ready in other hand. Be prepared to get wet!

HAVE FUN! and SMILE!!! Keep the runners spirits up!!

One person: Keep picking up used cups and putting them in the garbage can/bag. **Keep vinyl gloves and other garbage separate from the cups, do not put in same bag please.**

After last runner: Bring all supplies and used cups to the finish area food tents. The water station captain will be on a list of "allowed" vehicles into the park driveway at the side - for drop off only, can't stay parked there. Take the left branch of the driveway to get close to the food tents for drop off.

Let the green team volunteers dispose of everything. Unused 18L water bottles, cups and Gatorade go to the food tents. Bags of used cups should be given to the green team. Empty bottles (18L) should be put neatly at the back of the food tents, OR they can be brought to 7838 Redrooffs Road in HMB and left in thecarport.