

RALEIGH WATER STATION INSTRUCTION

Set tables and lock legs.
Use pitchers to fill cups. (if provided)
Fill cups halfway.
Stack cups three high.
Have gloves on while servicing runners.

Water Monsters are 125 gallon gravity fed barrels.

Mix Gatorade in coolers. 5 gallons of water per one Gallon of Gatorade. Quickly get as many cups filled and set to stay ahead. Runners should see Gatorade first then water.

*All stations will have Water. The following stations (2, 4,5 6,7, 8...) will have Gatorade & Water. Runners should see Gatorade first then water.

Place trash boxes 10 to 20 feet from last table.

Pick up cups during the race. Have a crew constantly cleaning. As the race thins out shift more people to cleaning. Do not wait until the end of the race.

Rinse out Gatorade coolers afterwards.

Medical issues call race command. There is medical support on the course.

Cheer on runners. Support them. Have Fun! THANK YOU!!

