



Rock 'n' Roll MARATHON SERIES™

WATER STATION OVERVIEW

Water stations play a critical role in the success of the event. Without these stations, runners cannot receive the hydration and electrolyte replacement they need in order to make it to the finish line! Here are some things you should know as a Water Station Captain.



- Your water station will provide water and electrolyte replacements to up to 25,000 race participants!
- A water station typically consists of about 50-65 volunteers or more depending on the number of participants, whether your event is a full marathon and half marathon and where your station is located along the route
- Most races start in the 7:00am hour and water station volunteers are required to begin setting their station up 2 hours before the first runner is scheduled to arrive
- A water station is typically 600-700 feet in length
- Your station will consist of approximately 60 tables, trash barrels, hundreds of feet of garden hose, boxes of cups, pitchers, rakes, shovels, cardboard boxes, containers of electrolyte replacement powder, and more
- Your water source at your station will be a fire hydrant, or in some cases where a hydrant is not accessible, 1-gallon jugs of bottled water
- Water station volunteers are responsible for unloading supplies, setting up their station, cleaning up their station, and reloading the supplies after the last runner has passed.
- All the equipment for your water station will arrive at your station in a truck and be reloaded into that truck after the last runner clears your station



Planning Schedule Overview

One Month Before Race Day

- Continuous volunteer recruiting to meet the targeted number of volunteers needed to staff your station
- Introductory Captains' Meeting and briefing

2 Weeks Before Race Day

- Individual site visit with Water Station Coordinator

Race Week

- Final Water Station Captains' meeting and water station operations demonstration
- Distribution of access parking passes and event shirts to volunteers
- Finalize volunteer recruitment and instruction

Race Day

- Approximate 5:00am - 6:00am arrival of volunteers and supply truck to water station
- Unload of supplies and set-up of water station tables
- Filling of water barrels and cups
- First runner arrives to station, followed by approximately 2-3 hours of runners/walkers passing through station to receive water and electrolyte replacement
- Continuous cleanup of cups throughout morning
- 30 minutes prior to arrival of last runner, begin breaking down station and reloading supply truck
- Arrival of last runner, final clean-up and reloading of equipment into truck



Events like this are only possible with the support of hundreds of volunteers like you.
We appreciate your support and are excited to have you on-board!