

MARATHON WATER STATION CHECK LIST

- ✓ Arrive at your station by 6:00 a.m. (or when you Team Captain tells you to arrive).
- ✓ Call Water Station Chair to report in. John Shore Cell 402-1216.
- ✓ Mix Gatorade Sports Drink in one cooler.
- ✓ Pour LeBleu water into second cooler.
- ✓ Hang banner on front of table.
- ✓ Begin pouring water / sports drink into cups.
- ✓ Stack cups: 2 Rows
- ✓ Have snacks ready
- ✓ Call Water Station Chair to report that You are ready for runners.
- ✓ Police motorcycle will signal lead runner.
- ✓ Cheer the runners on!
- ✓ Do not get in the way of the runners, offer water:



- ✓ Stay ahead of the curve, keep supplies on hand.
- ✓ Clean up, runners can be messy!
- ✓ SAG Wagon (UNCG van) will signify last runner has passed.
- ✓ Clean up station area; pack supplies in bin. Return to Finish Line for Mile 27 & Awards.