

## Water Station Notes

- **Fill Cups 2/3 Full** – Fill cups only 2/3 full. This will allow the runners to not spill water or Gatorade while drinking and running.
- **Mixing Gatorade** – Mix Gatorade at ½ the amount listed on the can. That means you should get 12 gallons of Gatorade out of a small can and 18 gallons out of a large can. This weaker mix won't make runners sick on their stomach like a stronger mixture could. There is no Gatorade at Water Stations 1, 2, 3 and the 5-K. We estimated enough Gatorade for half of the water you have. You have a wooden stick in your supply bin to stir the Gatorade with.
- **Trash Can for Runners** – Blue Line Running group suggested putting one trash can about 30 yards down (to the right when you are facing the street) from your water station. They feel that most runners will toss their cups in this and save you the trouble of cleaning up so many cups.
- **Water Station Supplies Used Inventory** – You will find a sheet in the supply bin to record the amount of supplies used. Please fill this out. It will help us better plan for next year's Marathon.
- If you have questions or need help call John Shore at 402-1216.