**Important Race Information:**

A person on a bike will come by to let you know that the last runners have come through. You can break down the aid station as soon as the biker has given you the okay. \*\*\***PLEASE DON’T LEAVE BEFORE THE BIKER ARRIVES\*\*\***

**Aid station bin contents:**

1. Cups
2. GU electrolyte drink tablets – mix 2 entire sleeves of tablets -OR- 1 drink pouch per 5 gallons of water
3. Mixing “spoon” to mix electrolyte drink and water in the Gatorade container
4. GU gels for the runners
5. Garbage bags
6. Disposable gloves (for picking up trash around your aid station/on the course)
7. White spigot for 5 gallon water jug (tear off plastic jug lid, snap spout on, and screw to tighten – reverse threaded)
8. Wire stand for 5 gallon water jug
9. **Radio – Channel 1 – please turn radio on, check in and let us know you have arrived and are set up. If you cannot get a response on the radio, please check in with your cell phone.**
10. First Aid Kit
11. Mileage sign
12. Emergency blankets

**In addition to what is in the bin, you will have the following:**

1. (1) 5-gallon Gatorade jug: mix two entire sleeves of GU drink tablets or drink pouch with 5 gallons of water
2. Extra 5-gallon clear water jugs (use these for water stands and for refilling Gatorade jugs)
3. Table
4. Trash box

###### When you arrive at the aid station, you will need to do the following:

1. Set up table, Gatorade jugs, wire water stand and water jug, and garbage box with garbage bags inside. Place garbage box approximately 50 feet down course from aid station.
2. Mix 2 entire sleeves of GU drink tablets or drink pouch in the Gatorade Jug along with 5 gallons of water and stir with stirring paddle.
3. Tear plastic top off 5-gal water jug, attach white spigot and tighten by spinning – reverse threaded, place jug on wire stand.
4. Fill many cups with water and GU drink, and put on the table to be ready for runners as they come through. Fill cups ¾ full.
5. Set out 20-30 GU gels on table for runners to pick up and replenish as needed.
6. Tape mileage sign to table.

###### Things to know about working at your aid station:

1. Pre-fill cups so that if a large group of runners comes through, you can quickly hand them something to drink. Fill twice as many cups of water than GU drink.
2. Have at least one person stand on each side of the trail/road– one side give out cups of water – one side give out cups of GU drink – yell out “Water or GU electrolyte drink” as runners approach.
3. Hold the cups from the top so that runners can grab them as they run by.
4. Please pick up all of the cups and place in provided garbage bags.
5. Clean up: Please break down and place everything back in the bin. Sweep the course for 150 feet on either side of the aid station for trash on the ground. Our crew will come and pick everything up.

###### Important phone numbers:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Contact** | **Role** | **Phone** |
| 1 | Jaden Nakata | Race Director | 727-515-3072 |
| 2 | Adventure Medics | Medical Staff | 541-639-9993 |

**\*\*CALL JADEN NAKATA 727-515-3072 OR ON CH. 1 ON THE RADIO IMMEDIATELY IF YOU HAVE AN INJURED RUNNER\*\***

Please be ready to give your:

* Aid station number
* Description of your location
* Note the type of injury
* Name on injured racer
* Bib Number
* Approximate age of the injured athlete