

Dalton Half Marathon/5K/2K Water Stations Volunteer Duties

When: Saturday, October 20, 6:45 AM – 11:30 AM

Where: Designated location

Items Needed:

- ☐ Trash Can and Liner
- ☐ 8 ft. table
- ☐ 3 igloo coolers
 - 1 filled with water
 - 2 filled with Gatorade

City of Refuge will provide Gatorade and cups for each station, and will be dropped off by Thursday, October 18.

Duties:

- ☐ Set up station at designated location no later than 7:30 AM.
- ☐ You will need two coolers with Gatorade and one with water. (Three Gatorade pouches per one igloo cooler – 5 gallons)
- ☐ Signs labeled Gatorade and water need to be taped on the front of the coolers.
 - Signs will be provided by City of Refuge
- ☐ Volunteers at this station will need to be ready with cups of water/Gatorade in hand to give to the runners as they pass by.
- ☐ It is VERY IMPORTANT that as runners come by that everyone at your station be enthusiastic!! Cheer on the runners and YELL words of ENCOURAGEMENT!
 - “You’re doing great!”, “Good Job”, etc.
- ☐ After the runners finish their drink, they may throw down their cups as they continue running. This is ok! Please make sure that you pick up the trash and clean up the area around you.
- ☐ A representative will be following the last runner. After the last runner passes through your area, you are free to begin dismantling your station.
- ☐ Do NOT dismantle until the sweeper notifies your station that the last runner has come through.
 - Make sure that you clean up all the trash and take everything with you when you leave.

****If you do not have igloo coolers, please let us know no later than noon on Tuesday, October 16, 2018, by emailing info@cityofrefugedalton.org.**