



## WATER STATION 3 (WS3)

\*Please be at location by 7:50am

\*Dress appropriate for weather

\*A captain will direct to on how to fill and hold water cups.

- . fill cup only half way
- . mix drink should be diluted so it's not too sweet.
- . hold cup by from top rim on one side, pinch side with two fingers (not from bottom).
- . as runner comes by try to lead them while they slow to grab from hand
- . please clean up all garbage after wards
- . cheer and smile.
- . you inspire them as much as they inspire you.