



## WATER STATION 5k (5k only)

\*Please be at location by 7:30am

Setup 5k water station but come out to road and cheer the half marathoners. Then return to station to give out water for the 5k runners only. Start time for 5k is 8am.

There will be another crew coming into the station to relieve you after 5k passes. They will do the Half marathon water station. Feel free to stay around if you enjoyed yourself and help out..

Keep in mind roads close at 7:35am for Half marathon start and also for 5k start. Find parking near neighborhoods and walk to location if roads are closed and cannot reach location via vehicle. Roads closed during 5k event.

There will be hundreds of runners/walkers coming in fast.. so be ready for excitement on this water station.. comes fast and furious.. FUN FUN!!

\*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.