



May 5, 2018
40th Annual Whiskey Row Marathon
Water Station Instructions



Course set-up workers will have each water station stocked with supplies before you arrive. Tables, water, cups, fruit, Gatorade, and first aid kits will be at each station. If needed, please bring your own chair.

Park to the side of the road. Be prepared for cold or hot weather. Dress in layers and bring sunscreen and a bag meal to hold you through the race.

In case of emergency, communicate your needs to the Yavapai Amateur Radio Club volunteers at your station. They can relay your message by radio to the Courthouse Plaza where Event staff and Lifeline ambulances will be available. Radio volunteers are also CPR and First Aid certified.

FIRST THINGS TO DO

Gloves should be worn while preparing and handling food or drink.

Make 5 gallons of Gatorade according to instructions on package. Always have at least 30 filled water and 10 filled Gatorade cups ready for runners. Conserve the refreshments and only fill cups half full.

Pump water from barrel into pitchers and then pour water from pitchers into cups.

Cut oranges and apples in quarters, bananas in half. Put on tray. Runners will help themselves.

Fluids should be handed out by running next to the runner during the passing of the cup or moving your hand to match the speed of the runner during the hand-off. Cups should be held by the top, fingers down, on the outside of the cup, as they are presented. Announce repeatedly what you are handing out: water...water...Gatorade....Gatorade....

CHEER ON THE RUNNERS!

If runners drop off any clothing, put the clothing in a bag and mark the bag with their race bib number. The course workers will come by to pick up bags and return to the Prescott YMCA for pick-up on Sunday, May 7, noon.

Please respect the City of Prescott and the National Forest. The entire area should be cleaned up before closing down your station. Empty trash bags are provided for your station. Walk at least a quarter mile on either side of your station and pick up all cups, fruit peels and trash. Leave all plant and wildlife alone.

Please do not leave your station or clear your area until notified by a race official. Once given permission, please put all clean unused cups, trash bags, rubber gloves, first aid kit, etc. back in the blue tote. Wipe off trays, pitchers, knives, spoons, etc. with water and paper towel before placing back in the tote. Put leftover whole fruit in the white laundry basket. Place tote and laundry basket on top of the table. Tie all trash bags and leave under the table. Course workers will pick-up and close down your station after the last runner passes.

Thank you for being a James Family Prescott YMCA Whiskey Row Marathon Volunteer.
We couldn't do it without you!

Once the race official has given you instructions
and permission to clear your area, please be
sure to...

WIPE OFF ALL STICKY ITEMS

(Trays, Pitchers, Knives, Spoons, etc.)

WITH WATER AND PAPER TOWEL

BEFORE PLACING BACK IN THE

BLUE TOTE PROVIDED.

Course workers will pick-up and close down your station after the last runner passes. Please put clean unused cups, trash bags, rubber gloves, first aid kit, etc. back in the blue tote. Put leftover whole fruit in the white laundry basket.

Place blue tote and laundry basket on top of the table.

Tie all trash bags and leave under the table.

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Thank you for volunteering for the following shift:

FRI	May 4	Set Up Registration	YMCA Gymnasium	1:00pm – 3:00pm
FRI	May 4	Registration	YMCA Gymnasium	2:45pm – 5:30pm
FRI	May 4	Registration	YMCA Gymnasium	5:30pm – 8:30pm
FRI	May 4	Pack-Up	YMCA	7:30pm-10:00pm
SAT	May 5	Course Set-Up	Meet at Courthouse Plaza	3:00pm - 5:00am
SAT	May 5	Set Up Finish Line	Courthouse Plaza	4:00pm – 6:30am
SAT	May 5	Registration	Matt’s Saloon	4:30pm – 8:00am
SAT	May 5	Food	Refreshment Garden	6:30am – 12:00pm
SAT	May 5	Massage Therapists	Refreshment Garden	7:30am – 1:00pm
SAT	May 5	Direct to Chute	Finish Line	7:15am – 12:00pm
SAT	May 5	Finisher Awards	Finish Line	7:15am – 12:00pm
SAT	May 5	Direct to Garden	Finish Line	7:15am – 12:00pm
SAT	May 5	Post Race Clean Up	Finish Line	11:30am – 2:30pm

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