

Fluid Station Guidelines

Your Mission: Responsible for setting up and maintaining fluid station area. Fluids are Powerade and water.

Your group will be provided with:

- Tables
- Bottles of Water/Fire Hydrant/Water from home or business
- Cups
- Igloo
- Paper Towels
- Pitchers
- Bucket
- Rubber gloves
- Trash bags (Black for Trash & Clear for plastic bottles to recycle)
- Trash cans
- Water Cans with lids

What we do?

Set up tables to prepare for you runners. You'll have the **first** set of tables for POWERADE & the **second** set for WATER. Set out cups over the entire table and begin to pour Powerade and water. Feel free to stack layers of cups using foam boards if the wind is not too high.

Fire Hydrant:

Turn on Fire Hydrant and use water hose to fill water container (white barrel) or igloos with water.

Pouring Water:

You may use the pitchers to pour into the cups **fill cups ½ full or a little less. Please don't fill up to the top.**

Powerade Recipe:

First, put on the rubber gloves

Pour 15 bottles of Powerade in Igloo and then fill remainder with water to Fill Line.

Water Distribution:

Some of your group can line up ahead of the Water tables to directly hand the cups to the runners. If it gets too crowded, the runners may approach the table on their own. But, it sure is nice to have a smiling volunteer hand you some water. Please announce to the runners, "POWERADE" first, the "WATER" second tables. Especially at later miles, this is helpful!

Clean-up:

There are trash cans & trash bags to help your group gather the discarded cups. You may assign a couple of folks down the path from the water station to hold open trash bags for runners to discard their cups. Or have the trash can placed down the path to give them trash target. (Also, if your station has plastic bottles, then please place your bottles in clear sacks to be recycled.)

Please close bags securely and leave in a pile off the street to be picked up after race.

Low on Supplies:

You'll have a Communications Volunteer at your station, please feel free to ask for more water, Powerade, cups, or any supplies you may run low on. **It is crucial that we don't run out of Water or Powerade, so please keep an eye on your supply.**

It is advised that you dress for the weather, wear comfortable shoes, bring any snacks you might enjoy and perhaps bring along a foldable chair for when things slow down.

Feel free to drink water as you need it. And have some fun, meet new friends, & cheer for the runners!

Thank you for your willingness to volunteer! You make Cowtown GREAT!!