



## WATER STATION 1 (WS1) TWO TEAMS HERE

- \*Team 5k be there 7:30am (give water to 5k runners)
- Team 10 Miler be ther 8:30am (give water to 10 milers)

Keep in mind roads close at 7:45am for start of 5k start. Find parking near neighborhoods and walk to location if roads are closed and cannot reach location via vehicle.

5K starts at 8am and 10 miler starts at 7:45am, roads closed during 5k event. Local traffic within neighborhood can drive on streets as long as runners are not in the way.

\*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 to 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.