



Publix Atlanta Marathon and Half Marathon

Hydration Station #3

Located in zone 5

North Highland Avenue and Blue Ridge Ave NE

Equipment Arrives: 5:15am

Volunteers Arrive: 5:30am

First Participant: 7:42am

Last Participant: 9:05am

Notes:

Water will come from hydrant on the right side of Blue Ridge Ave and on right side of North Highland. Use the water filter provided to connect the hoses to the hydrant..

Volunteers should line plastic water cans with clear bags, then fill 2/3's full. Use gloves and pitchers to pour water into cups on the tables. Cardboard sheets will be provided so the cups can be stacked in two layers.

For PowerAde: Fill orange containers with water, roughly 8 gallons each. Empty the contents of 1 (5)gallon bag of PowerAde powder into each. Stir with "paddle" provided. Use pitchers to pour into cups.

Please have volunteers rake up cups, bag them and leave with stacks of tables and other supplies once the last runner passes.

-3 tables for Nutrition

-12 tables for water

- 7 tables for PowerAde

-1 table for mixing PowerAde

-Leave 20 ft spacing between last Water table and first PowerAde table

-Stack cups 2 layers high

-ALL tables should be on the sidewalk

-6 trash boxes right side, space 30 to 40ft apart as you go down the course.

-Use "Coke" branded or generic cups for water and PowerAde cups for PowerAde.