

Publix Atlanta Hydration Station #9

Fuel Station

On Elliott St. at Nelson St. bridge

Equipment Arrives: 5:45am

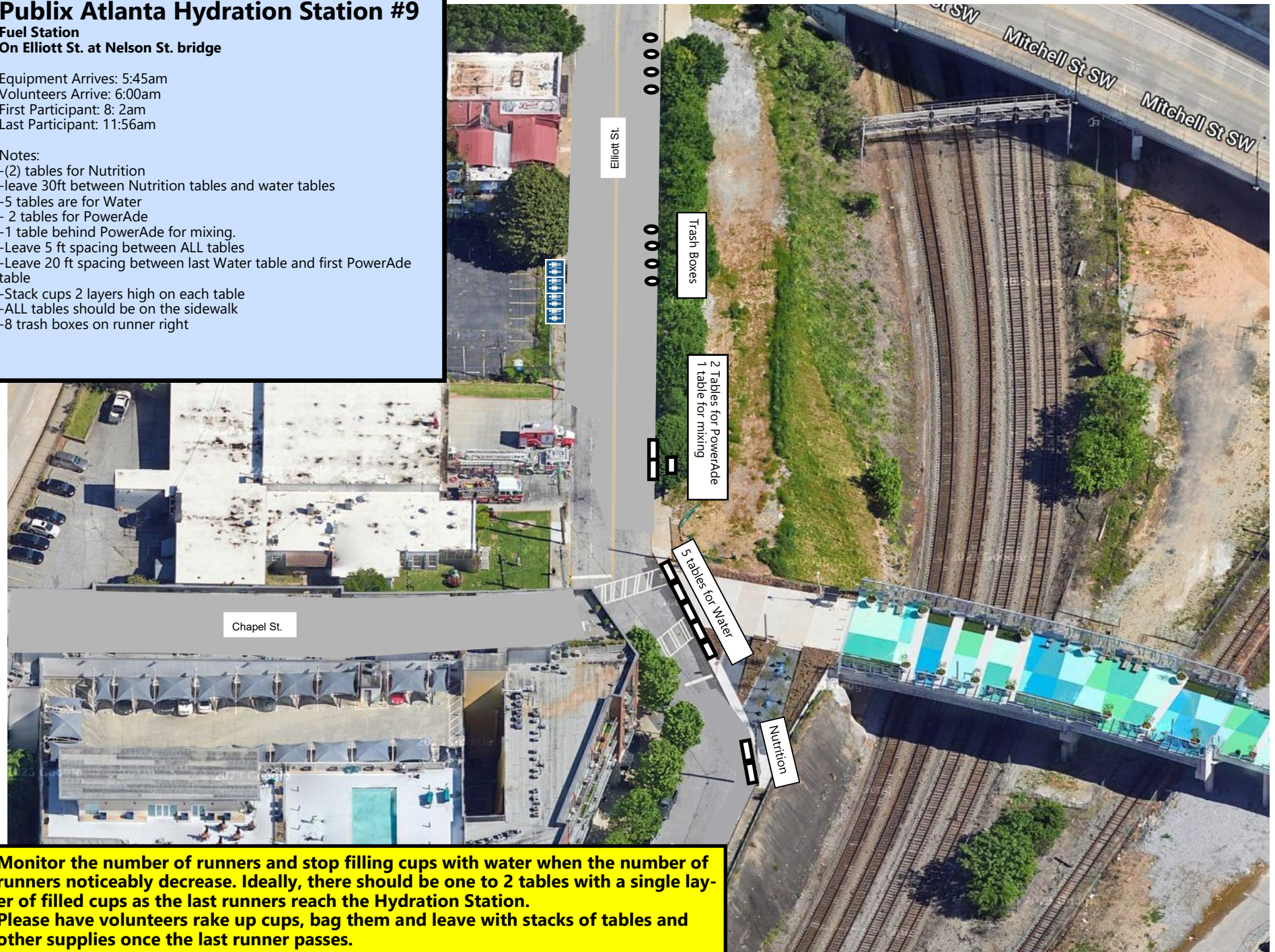
Volunteers Arrive: 6:00am

First Participant: 8:2am

Last Participant: 11:56am

Notes:

- (2) tables for Nutrition
- leave 30ft between Nutrition tables and water tables
- 5 tables are for Water
- 2 tables for PowerAde
- 1 table behind PowerAde for mixing.
- Leave 5 ft spacing between ALL tables
- Leave 20 ft spacing between last Water table and first PowerAde table
- Stack cups 2 layers high on each table
- ALL tables should be on the sidewalk
- 8 trash boxes on runner right



Monitor the number of runners and stop filling cups with water when the number of runners noticeably decrease. Ideally, there should be one to 2 tables with a single layer of filled cups as the last runners reach the Hydration Station. Please have volunteers rake up cups, bag them and leave with stacks of tables and other supplies once the last runner passes.