Aid Station #5 – handing out water and picking up cups

Crew Contact: Sam Clarke - 021 206 0022

Volunteer Contact: Melinda Botha 0204 079 4130

Google Maps Address **→** 26 Marine Parade -37.633880, 176.184346

4 volunteers 8:00am – 11:00am 3hrs

1 x Rental Van

3 tables

3 x black rubbish bins

6 rubbish bags

9 small square bins - filled with water

5 Bins of GU Electrolyte Drink Each bin gets 3.5 tubes of tablets Do not put the lid on while fizzing

1 x Lollie Bin 4 orange vests

1 bottle of hand sanitizer

3 x jugs Gloves

3000 cups (3 boxes)

NOTES:

- Cups are filled half way
- Water only handed to 10km runners on way back
- Water & GU Electrolyte Drink handed out to 21km runners on way back
- Lollies only handed out to 21km runners

Please hand the cups and lollies to the runners with gloves on





