

RAW Water Duty Instructions

Water should be on the course no later than the scheduled start time and should remain on the course at least 2 hours, unless ALL runners and walkers are known to have finished. Having the water out earlier and later is greatly appreciated by those doing longer training runs, but is not required.

Using the hose near the backdoor, let the water run a few seconds to clear out any debris that may have settled in the hose.

- Gatorade concentrate (liquid) is either in or on top of the refrigerator
- Gatorade Powder, if available, is on top of the refrigerator
- Cone cups and cup holders are on top of the table along the south wall

1. Mix Gatorade in 2 orange jugs. (If a jug is “missing” from the table, look in the refrigerator, Gatorade might already be made). Follow the directions on the Gatorade container. Make 2 – 3 gallons of Gatorade for each jug.
2. Fill the 3 remaining jugs with 3- 4 gallons of water each (the two blue jugs go to the water stops).
3. Place a frozen water bottle from the freezer in each jug.
4. Place the lids securely on the jugs.
5. Place the orange water jug on the table in the clubhouse.
6. Get 4 cup holders filled with the cone cups (ensure each is at least half). More cups are under the table where the cup holders are sitting.
7. Load the 4 jugs and 4 cup holders into your vehicle.
8. Leave 1 Gatorade, 1 Water jug and 2 cone cup holders (attach to stands) at each water stop.
9. After 9:00 AM, pick up jugs and cone cups.
 - Empty out the water jugs at the water stop
 - Bring the remaining Gatorade back to the clubhouse
10. Combine any remaining Gatorade into one jug and place in the refrigerator. Rinse the frozen water bottles and return them to the freezer. Rinse jugs and lids. Turn jugs upside down on the table to drain and dry. Set lids under the jugs.