



WATER STOP INSTRUCTIONS

Thank you very much for your commitment and support to Pebble Tossers' Ripple Run. Supporting a water stop is one of the most important jobs in the entire race. See diagram at the end for the water stop location. A member of the race team will take you and all of the supplies to the water stop location at 8:15 am and pick you up after the last runner has gone through the course. Please be at the Pavillion / volunteer check-in area at 8:15 am.

Below you will find specific instructions on how to get your water stop ready. Gloves must be worn.

SUPPLIES:

- Tables (2)
- Cups and Water Cooler
- Some water bottles
- Garbage bags
- Gloves
- Masks
- Hand sanitizer
- Bug Spray
- First Aid Kit

STEP BY STEP SET UP INSTRUCTIONS:

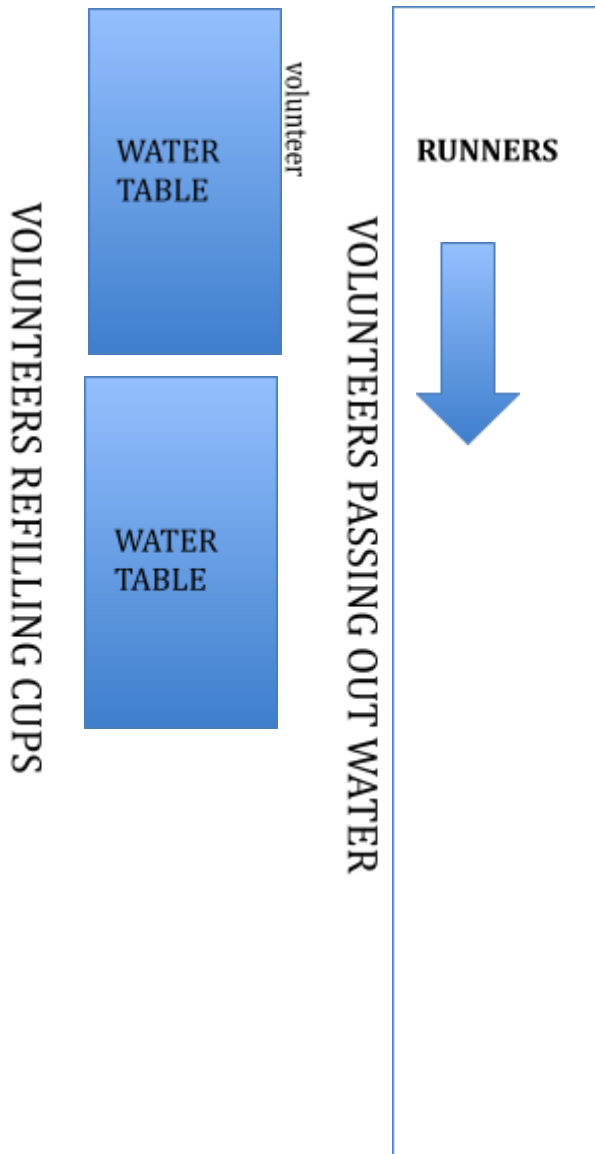
- Set up tables end to end running parallel with the path- Use table for water. 1K Runners should arrive at the water table first, then 5K run to follow. See diagram
- Place cups out on table rim to rim so that the majority of the cups are on the table
- Fill cups: FILL CUPS w/only about 5 oz of fluid. Runners don't need a full cup and it is imperative that we don't run out of water so a little over halfway is fine.
- Stage volunteers:
 - o volunteers will stand on the runner side facing the runners as they come with fluid in their right hand calling out: "Water"
 - o volunteers will also be back filling the cups that are on the table
- Pick-up trash (runners will throw their cups on the ground after they drink, please pick them up and place in garbage bags)

IN ADDITION TO HANDING OUT WATER

- Make sure the runners that pass your corner turn left on Bubbly Creek and come back by you when they reach that intersection again. See map at the end.
- Cheer on runners ☺ (feel free to make signs at home!)
- Please try and take photos of runners also and text them to Julia at 470-332-4299

BREAK DOWN

- When the final runner passes your stop (a race official will alert you)
- Clean up the area, make sure all cups have been placed in the trash cans
- Gather all of the supplies and repack everything that was used
- The race team will bring the volunteers and any remaining water, table and other supplies back to the start/finish area.
- Come and participate in the Nonprofit Expo. We have great prizes once you turn in your completed Nonprofit Passport.



**WATERSTOP
OVERHEAD LAY
OUT AND TABLE
SET UP EXAMPLE!**

