



Volunteering Guide

Jim Thorpe Area Running Festival

April 25th and 26th 2026

THANK YOU so much for volunteering at the 2026 Jim Thorpe Area Running Festival presented by Lehigh Valley Health Network. We simply couldn't put on this event without YOUR help! Please review the important general volunteering information below to help make this a successful and enjoyable event for all. Each slot/responsibility will also have its own specific instructions under heading names that match the SignUpGenius.

***Volunteer Check-In**

Please plan to check-in with **Trish Eaton** at the volunteer tent to pick-up your volunteer t-shirt (please wear it during your shift!) and get any further instructions (if needed) **ONLY** if you are assigned to the start/finish line area on Saturday or finish line area on Sunday.

If you are out on course at a water station or directing, at a parking lot, etc. - **DO NOT** come to start/finish area to meet Trish. Your volunteer shirt and/or supplies (if needed) will be at your assigned location, so you can report directly there.

Please allow enough time for you to check-in (if applicable) and get to your assigned area PRIOR to the start time of the slot you signed up for!

*Double check the start time of the slot you signed up for as some start times have changed.

*Organizations who arranged to receive a donation for volunteering must check-in with Trish for verification.

*Make sure to see Trish at the end of your shift if you have any paperwork/documentation that needs to be filled out for community service, school hours, graduation credits, etc..

Contact **Trish Eaton** (*Director of Volunteer Opportunities and Resources*) with any questions before and/or during the event:
trish@runegades.com or 215-622-0460

Thank you so much for volunteering! 😊

Saturday Hazard Square Crossing Guard

Time: 6:00 AM - 8:00 AM

Location: Hazard Square

Directions: Park in the train station lot, direct runners from the shuttle to the starting area

Saturday Parking Lot Director

Time: 5:45 AM - 8:00 AM

Location: Mauch Chunk Lake Park

Directions: Mauch Chunk Lake Park parking lot is an off-site lot with shuttle service to the start/finish area in the train station parking lot. As people park, welcome them to the event and direct them to the shuttle stop. Shuttles run from 6:30 to 7:45 AM. If people ask, return shuttles to the parking lot will start again at 10 AM until 12:30 PM. The shuttle is about a 10 minute ride.

Saturday Train Greeter/Director & Rider

Time: 6:30 AM - 7:30 AM (director) & 9:00 AM (rider)

Location: Start/finish area near train station

Directions:

Director: Greet runners as they arrive and direct them to the train, check-in any runners who still need their bibs

Rider: Greet runners as they arrive and direct them to the train, ride the train with the runners, assist with runners getting off the train and direct them towards the starting area, collect bag drop items, assist the timer in starting the 7 mile race

Thank you so much for volunteering! 😊

Saturday Finish Line

Location for all: Start/finish area near train station, park in the Jim Thorpe train station lot

Set-Up:

Time: 6:00 AM - 8:30 AM

Directions: Assist with setting up the finish line before the race begins

Food/Hydration:

Time: 8:00 AM - 12:00 PM

Directions: Set-up food/hydration tables, keep replenished as runners finish

Medals:

Time: 8:00 AM - 12:00 PM

Directions: Unwrap medals and distribute medals to runners as they cross the finish line.

Misc:

Time: 8:30 AM - 12:00 PM

Directions: Help with random tasks along the finish line - keeping spectators out of the finish chute, emptying trashcans as they get full, etc.

Saturday T-Shirt Captain & Assistants

Time: 7:45 AM - 12:00 PM

Location: Start/finish area near train station

Directions:

Captain: Help organize and distribute race day t-shirts as well as coordinate other volunteers

Assistant: Assist the t-shirt captain in distributing race day t-shirts as runners finish

Thank you so much for volunteering! 😊

Saturday Water Station #1 *(Miles 2 & 11 of ½ marathon, mile 5 of 7 miler)*

Time: 7:15 AM - 11:45 AM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at the water station, there should already be the following:

- 4 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- 4 trash-cans & trash bags
- first-aid kit
- jug caps & stands

Your volunteer shirt will also be at your station, please wear it proudly! Also, feel free to take any photos of the volunteers in action at your station and send them to Trish (215-622-0460 or trish@runegades.com) so they can be added to the race photos on the website.

Instructions:

BEFORE the race starts

1. Line the tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
4. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water.
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.

4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Saturday Water Station #2 *(Miles 4 & 9 of 1/2 marathon, mile 3 of 7 miler)*

Time: 7:15 AM - 11:30 AM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at the water station, there should already be the following:

- 4 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER and UCAN branded cups for UCAN
- containers of UCAN powder (similar to Gatorade but it's clear)
- 1 UCAN stirring stick/mixing spoon
- measuring cups, vinyl gloves
- 4 trash-cans & trash bags
- first-aid kit
- jug caps & stands

Your volunteer shirt will also be at your station, please wear it proudly! Also, feel free to take any photos of the volunteers in action at your station and send them to Trish (215-622-0460 or trish@runegades.com) so they can be added to the race photos on the website.

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the orange dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.

7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you’ve filled—you’ll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven’t made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don’t forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @203-816-7936 or Marilyn @ 484-744-9191. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Saturday Water Station #3 *(Miles 5.5 & 7.5 of ½ marathon, mile 3 of 7 miler)*

Time: 7:15 AM - 11:15 AM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at the water station, there should already be the following:

- 4 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- 4 trash-cans & trash bags
- first-aid kit
- jug caps & stands

Your volunteer shirt will also be at your station, please wear it proudly! Also, feel free to take any photos of the volunteers in action at your station and send them to Trish (215-622-0460 or trish@runegades.com) so they can be added to the race photos on the website.

Instructions:

BEFORE the race starts

1. Line the tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
4. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water.
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.

3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Saturday Park Road Crossing Guard

Time: 7:30 AM - 11:45 AM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description

Enter the phone number for your area captain into your phone. When you arrive at Glen Onoko, check in with your area captain. She will have neon safety vests and/or brightly colored volunteer shirts for you. She will also have a stop/slow sign for you.

You will be in charge of making sure that our runners are safe from the traffic on the small strip of park road they run down. The road does not have too much traffic and the speed limit is very low, so it should be a relatively easy job. We suggest that you bring a beach chair and sunscreen. Your area captain, Mary, may set up a system that has you rotate to the nearest water station if you need a break from traffic duty. When our course sweeper passes you by bike, you are all done!

Saturday Course Sweeper

Time: 8:00 AM - 12:00 PM

Location: Report to the starting line

Directions: Ride your bike to sweep the course behind the last runner

Saturday Photo Finish Crew

Time: 8:30 AM - 12:00 PM

Location: Start/finish area near train station

Directions: Man the photo area at the finish line and take pictures of runners after they finish their race!

Saturday Merchandise Tent

Time: 8:00 AM - 12:00 PM

Location: Start/finish area near train station

Directions: Distribute pre-ordered merchandise and/or sell merchandise

Thank you so much for volunteering! 😊

Saturday Bib Pick-Up

Time: 9:45 AM - 1:00 PM

Location: Train station

Directions: Pass out bibs to registered runners for the marathon on Sunday

Saturday Course Clean-Up

Time: 10:30 AM - 2:30 PM

Location: Start/finish area near train station

Directions: Help take down the ½ marathon course and set up for the 7-miler and full marathon

Saturday Muscle Unloading/Reloading Crew!!!

Time: 11:30 AM - 2:00 PM

Location: Start/finish area near train station

Directions: We need some individuals with a lot of muscle and energy to unload and reload race gear/supplies in the course vans/trucks after the 1/2 marathon and 7 miler on Saturday morning to help prepare for the full marathon on Sunday. Report to the start/finish area to load up gear and supplies into the van, then drive and follow the vans to a nearby AirBnB to unload/reload supplies into vans for Sunday.

Thank you so much for volunteering! 😊

Sunday Hazard Square Crossing Guard

Time: 5:00 AM - 6:30 AM

Location: Hazard Square

Directions: Park in the train station lot, direct runners from the shuttle to the starting area

Sunday Parking Lot Director

Time: 5:00 AM - 6:30 AM

Location: LB Morris Elementary School

Directions:

The LB Morris Elementary School parking lot is an off-site lot with shuttle service to the start/finish area in the train station parking lot. As people park, welcome them to the event and direct them to the shuttle stop. Shuttles run from 5:15 to 6:15 AM. If people ask, return shuttles to the parking lot will start again at 11 AM - 2 PM. The shuttle is about a 5 minute ride.

Sunday Finish Line

Location for all: Start/finish area near train station, park in the Jim Thorpe train station lot

Set-Up:

Time: 6:00 AM - 8:30 AM

Directions: Assist with setting up the finish line before the race begins

Food/Hydration:

Time: 8:45 AM - 3:00 PM

Directions: Set-up food/hydration tables, keep replenished as runners finish

Medals:

Time: 8:45 AM - 3:00 PM

Directions: Unwrap medals and distribute medals to runners as they cross the finish line.

Misc:

Time: 9:30 AM - 3:00 PM

Directions: Help with random tasks along the finish line - keeping spectators out of the finish chute, emptying trashcans as they get full, etc.

Thank you so much for volunteering! 😊

Sunday Merchandise Tent

Time: 8:30 AM - 3:00 PM

Location: Start/finish area near train station

Directions: Distribute pre-ordered merchandise and/or sell merchandise

Sunday T-Shirt Captain & Assistants

Time: 8:30 AM - 3:00 PM

Location: Start/finish area near train station

Directions:

Captain: Help organize and distribute race day t-shirts as well as coordinate other volunteers

Assistant: Assist the t-shirt captain in distributing race day t-shirts as runners finish

Sunday Photo Finish Crew

Time:

Shift 1: 9:15 AM - 11:30 AM

Shift 2: 11:30 AM - 3:00 PM

Location: Start/finish area near train station

Directions: Man the photo area at the finish line and take pictures of runners after they finish their race!

Sunday Train Greeter/Rider

Time: 6:00 AM - 8:00 AM

Location: Start/finish area near train station

Directions: Greet runners as they arrive and direct them to the train, ride the train with the runners, assist with runners getting off the train and direct them towards the starting area, collect bag drop items

Sunday Train Greeters in White Haven

Time: 7:20 AM - 8:00 AM

Location: White Haven Library

Directions: Greet runners as they get off the train and direct them towards the starting area

Thank you so much for volunteering! 😊

Sunday Traffic Directors in White Haven & Turnaround Point Person

Time: 7:00 AM - 8:30 AM

Location: Starting line near G&A Hardware

Park: Near starting area at corner of Susquehanna and Main Streets in White Haven. See Mike or Marilyn near the starting line for instructions. They'll be wearing "Race Director" shirts.

Directions:

You will be positioned:

1. At the marathon turnaround, roughly 1 mile down the trail. When runners approach you, tell them to run counter-clockwise around the cone and to stay to their right on the way back.
2. Near the starting line. When runners complete their first 1 mile out-and-back, you'll be there to point them in the correct direction up Main Street in White Haven.
3. At the end of Main Street in White Haven, just above the turn into the White Haven Market. You'll direct runners to take a hard left down toward White Haven Market and then a hard right onto the road that leads to Hickory Run State Park. That road becomes the D&L Trail and will lead runners all the way into Jim Thorpe. The second person will be positioned at the bottom of the road that leads into the White Haven Market parking lot and direct runners to take the right into Hickory Run State Park.

Sunday Tannery Road Crossing Guard

Time: 7:15 AM to 9:15 AM

Park: The trailhead parking area on Tannery Road. Enter "D&L Trail Lehigh Tannery Trailhead" into Google Maps

Description

Runners will cross Tannery Road at mile 4 of the marathon. It is not a very busy road, but you will be there with a stop/slow sign to indicate to cars that runners are coming through. You will get the stop/slow sign and a yellow safety vest from the area captain at the trailhead.

Thank you so much for volunteering! 😊

Sunday Park Road Crossing Guard in Glen Onoko

Time: 9:00 AM - 3:00 PM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description

Enter the phone number for your area captain into your phone. When you arrive at Glen Onoko, check in with your area captain. She will have neon safety vests and/or brightly colored volunteer shirts for you. She will also have a stop/slow sign for you.

You will be in charge of making sure that our runners are safe from the traffic on the small strip of park road they run down. The road does not have too much traffic and the speed limit is very low, so it should be a relatively easy job. We suggest that you bring a beach chair and sunscreen. We plan to schedule 3 of you so that one is always on break. Your area captain, Mary, may set up a system that has you rotate with the nearest water station if you need a break from traffic duty. **When our course sweeper passes you by bike, you are all done!**

Sunday Course Clean-Up

Time: 1:30 PM - 4:00 PM

Location: Finish area near train station

Directions: Help take down the marathon course and clean up from the weekend

Marathon Water Station #1

Time: 6:45 AM - 8:30 AM

Location: Starting line near G&A Hardware

Directions: See Marilyn to assist with setting-up, staffing, and breaking-down the water station at mile 2 of the marathon. She'll be wearing a “Race Director” shirt.

Thank you so much for volunteering! 😊

Marathon Water Station #2 (Tannery)

Time: 7:00 AM - 9:15 AM

Area Captain: Tammy Hock @ 215-280-4958

Park: Tannery Road Trailhead, Enter “D&L Trail Lehigh Tannery Trailhead” into Google Maps

Description:

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER
- measuring cups, vinyl gloves
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the gray dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.

3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #3 (Tannery)

Time: 7:30 am to 10:15 am

Area Captain: Tammy Hock @ 215-280-4958

Park: The trailhead parking area on Tannery Road. Enter “D&L Trail Lehigh Tannery Trailhead” into Google Maps

Description:

When you arrive at Tannery Road, you will need to walk or bike down the trail toward Jim Thorpe 2.5 miles.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- UCAN gels
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the table with plain, white cups for WATER
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain, white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Lay out UCAN gels for runners to grab while passing through.
4. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
5. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water. Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.

3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

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Thank you so much for volunteering! 😊

Marathon Water Station #4 (Rockport Road)

Time: 7:30 AM to 12:00 PM

Area Captain: Jim Carmody @ 610-639-2380

Park: Rockport Road Trailhead. Enter “Rockport Trailhead, Weatherly, PA” into Google Maps.

Description:

When you arrive at Rockport Road, you will need to walk or bike up the trail toward White Haven (to your left as you enter from the parking lot) 2.5 miles. It will be the first water station you come to (around mile 9).

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER and UCAN branded cups for UCAN
- containers of UCAN powder (similar to Gatorade but it's clear)
- 1 UCAN stirring stick/mixing spoon
- measuring cups, vinyl gloves
- 2 trash-cans & trash bags
- first-aid kit

Your volunteer shirt will also be at your station, please wear it proudly! Also, feel free to take any photos of the volunteers in action at your station and send them to Trish (215-622-0460 or trish@runegades.com) so they can be added to the race photos on the website.

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the gray dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you’ve filled—you’ll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven’t made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don’t forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #5 (Rockport Road)

Time: 7:30 AM to 12:30 PM

Area Captain: Jim Carmody @ 610-639-2380

Park: Rockport Road Trailhead. Enter “Rockport Trailhead, Weatherly, PA” into Google Maps.

Description:

The station is located on the trail right by the Rockport Road Trailhead.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- bananas
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the table with plain, white cups for WATER
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain, white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Lay out bananas for runners to grab while passing through.
4. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
5. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water. Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #6 (Rockport Road)

Time: 7:30 AM to 1:00 PM

Area Captain: Jim Carmody @ 610-639-2380

Park: Rockport Road Trailhead. Enter “Rockport Trailhead, Weatherly, PA” into Google Maps.

Description:

When you arrive at Rockport Road, you will need to walk or bike down the trail toward Jim Thorpe (to the right as you look at the river with your back to the parking lot) 2.25 miles. It will be the first water station you find.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER and UCAN branded cups for UCAN
- containers of UCAN powder (similar to Gatorade but it's clear)
- 1 UCAN stirring stick/mixing spoon
- measuring cups, vinyl gloves
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the gray dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!

2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #7 (Rockport Road)

Time: 7:30 AM to 1:30 PM

Area Captain: Jim Carmody @ 610-639-2380

Park: Rockport Road Trailhead. Enter “Rockport Trailhead, Weatherly, PA” into Google Maps.

Description:

When you arrive at Rockport Road, you will need to walk or bike down the trail toward Jim Thorpe (to the right as you approach from the parking lot) 4.25 miles. It will be the second water station you come to.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- UCAN gels
- bananas
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the table with plain, white cups for WATER
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain, white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Lay out UCAN gels and bananas for runners to grab while passing through.
4. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
5. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water. Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.

3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #8 (Glen Onoko)

Time: 7:30 AM to 1:00 PM

Area Captain: Jim Carmody @ 610-639-2380

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description: When you arrive at Glen Onoko, check in with your area captain. Then you will need to walk or bike up the Lehigh Gorge/D&L Trail 6 miles. It will be the third water station you come to.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER and UCAN branded cups for UCAN
- containers of UCAN powder (similar to Gatorade but it's clear)
- 1 UCAN stirring stick/mixing spoon
- measuring cups, vinyl gloves
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the gray dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you’ve filled—you’ll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven’t made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don’t forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #9 (Glen Onoko)

Time: 7:30 AM to 1:30 PM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at Glen Onoko, check in with your area captain. Then you will need to walk or bike up the Lehig Gorge/D&L Trail 4 miles. It will be the second water station you come to.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- bananas
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the table with plain, white cups for WATER
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain, white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Lay out bananas for runners to grab while passing through.
4. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
5. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water. Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.

4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #10 (Glen Onoko)

Time: 7:30 AM to 2:00 PM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at Glen Onoko, check in with your area captain. Then you will need to walk or bike up the Lehigh Gorge/D&L Trail 2 miles. It will be the first water station you come to.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- gray jugs for UCAN
- plain, white cups for WATER
- measuring cups, vinyl gloves
- UCAN gels
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the first section of tables with plain, white cups for WATER.
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Line the second section of tables with branded UCAN cups for UCAN hydrate.
***It is important that the water tables come before the UCAN tables so runners pass the water tables first.**
4. Make the UCAN hydrate right in the gray dispenser jug. The water should fill about 4/5 of the jug, then mix in one container of UCAN (powder) per jug with a gloved hand. Use the mixing spoon to make sure the UCAN hydrate is dissolved and combined thoroughly.
5. With a gloved hand, use the measuring cups to fill the branded UCAN cups about halfway with UCAN hydrate. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
6. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
7. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water and UCAN. State clearly which liquid you are holding (“Water here, UCAN second set of tables”) Hold cups from the bottom so they are easier for runners to grab quickly!

2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Water Station #11 (Glen Onoko)

Time: 7:30 AM to 2:45 PM

Area Captain: Mary Carbone @ 215-962-0810

Park: Glen Onoko, Jim Thorpe. Put “Glen Onoko, Jim Thorpe” into your GPS.

Description:

When you arrive at Glen Onoko, check in with your area captain. Your water station will be located in Glen Onoko.

When you arrive at the water station, there should already be the following:

- 2 tables
- orange Gatorade jugs for WATER
- 5 gal H2O jugs
- plain, white cups for WATER
- measuring cups, vinyl gloves
- 2 trash-cans & trash bags
- first-aid kit

Instructions:

BEFORE the race starts

1. Line the table with plain, white cups for WATER
2. Unscrew the lid on the orange dispenser and with a gloved hand, use the measuring cups to fill the plain, white cups about halfway with WATER. **Do not fill them all the way up!** (it's faster to pour into the measuring cups and fill individual cups from there).
3. Put bags in the trash cans and make sure that the garbage can(s) are set up at least 75 yards down the trail toward Jim Thorpe (to your right when looking out from the water station) for runners to dispose of their cups after they have taken their drink while running and staying on course.
4. Make sure that the First Aid Kit is easy to see and accessible to runners.

DURING the race

1. As runners pass by, stand on both sides of the course holding out cups of water. Hold cups from the bottom so they are easier for runners to grab quickly!
2. As the race goes on, make sure there are enough cups filled on the tables and replenish as necessary. We would like to keep our carbon footprint as small as possible, so keep an eye on how many cups you've filled—you'll need less and less in reserve as more and more runners pass.
3. Remind runners that all cups must go into the trash cans and walk along the course whenever there is a lull in the action to pick up any cups that haven't made it into the garbage cans. You can use the vinyl gloves provided for this.
4. Don't forget to encourage and cheer on our runners as they pass by!!!

AFTER the race commences

Once you see the course sweeper, please do the following:

1. Collect any cups still on the ground, place them in the trash cans and drag trash-cans back to the tables at the water station.
2. Dump out any cups that were already filled with liquid and dispose of the cups.
3. Neatly pile supplies on the table.

****There is very limited cell service on the trail. Course monitors on bikes will be riding past to check on runners. If a runner needs to be picked up by our ATV team, tell the runner to wait with you. In non life-threatening situations, try to call Mike @ 203-816-7936, Marilyn @ 484-744-9191, or Trish @ 215-622-0460. Explain the situation and describe your location as your Water Station #. If you cannot get cell service, wait to inform the course monitor in non-life-threatening situations. If it is a life-threatening situation, dial 911. If it is a life-threatening situation and you cannot get cell service, be sure that someone is with the injured runner and then head out until you get cell service.**

Thank you so much for volunteering! 😊

Marathon Bike Monitors & Sunday Course Sweeper

Time: 9:00 AM to 3:00 PM

Mike: 203-816-7936 / **Marilyn:** 484-744-9191 / **Trish:** 215-622-0460

EMS: 9-1-1

Medical Issue: 610-377-5155, option 1

*1 ATV will be stationed at Penn Haven Junction (Approximately mile 18)

*1 ATV will be roaming from mile 18 to 24

Our bike monitors and course sweeper are crucial to helping us maintain the safety of our runners. You will patrol the marathon course. We will provide you with **either a brightly colored JTARF volunteer shirt or a neon safety vest.**

Please bring a backpack or bike bag to carry at least one bottle of water for runners in emergency situations. You just need to carry one (can always pick replenish at water stations)

1. Put the numbers at the top of the page into your phone.
2. Monitors - Ride between the water stations, keeping an eye on the runners. Sweeper - Ride after the last runner.
3. Stop every so often to see if/where you might have cell service. Knowing where you have cell service could make a world of difference in an emergency situation.
4. If a runner:
 - a. **Has minor cuts/blisters/discomfort/swelling but they want to go on:**
 - i. Inform them that there is a first aid kit and cold compresses at every water station.
 - b. **Has sustained a non-life-threatening injury and wants to stop running and exit the course:**
 - i. Inform the runner of the nearest trailhead extraction points.
 - ii. If the runner cannot make it on their own to the nearest trailhead, contact one of the numbers above or the area captain. If you do not have service, make sure the runner is okay and located in a safe spot off the trail. Tell the runner to relax, drink water, and stay put, and ride until you get cell service.
 - c. **Is having an emergency—this is very rare, but we need to be as prepared as possible.**
 - i. **Ask the nearest runner or water station volunteer to stay with the runner.**
 - ii. **GET YOUR BEARINGS—WHAT IS THE NEAREST MILE MARKER?**
 - iii. **Attempt to call EMS**
 - iv. **If you do not have service, ride and continue to try the EMS number as you ride.**

* Monitors - when the course sweeper rides past you, there are no more runners to monitor. You're all done!

Thank you so much for volunteering! 😊