

Hello!

Thanks so much for your time and energy and for helping out at the HVL Triathlon water station on Saturday, June 15th. We appreciate you so much!

The [Event Guide](#) has all the race maps, course info, and race day info.

Here are a few instructions for you to make your race day smooth sailing. Please feel free to call or text me (828) 450-7514 with any questions before race day and on race day you can check in with me.

Water Station - located on the Oklawaha Greenway - near the Ochlawaha Drive and N. Main Street, there will be a 'water station' sign at this location when you arrive to set up.

GPS coordinates to post: <https://goo.gl/maps/qZ19gjfCT6UuhHbE6>

Where to park: Two options: You can either park at the Ochlawaha Drive and N. Main Street intersection and walk onto the greenway to set up the station. Or you can park at Patton Park and walk from there to the post. The water station supplies will be placed near the kiosk.

Video Link to Post: <https://app.box.com/s/7l830c5kfls5wj139d8qx2kxbiih18mj>

When to arrive? Please arrive **at 7am** to pick up water station supplies from the front of the Patton pool. You can pull into the roundabout and load and then go to the water station post. We will set these outside for you to pick up to take to the station.

Drive to station to set up - Time at station: 7:30am-10:30am

After you are finished with your water station, if your car is nearby (if you parked down by the greenway) please bring all the supplies and equipment in your car back to us at the idaph truck and trailer on the soccer field. If this is not possible, please let me know when you are done with your station and it is cleaned up and we will arrange to have someone drive down to the greenway to pick up the items.

How do we set up and serve at our water station?

Note: Some of these items will not apply to you since this is a smaller race and you will not have as many supplies to take to the station.

- You will want to set the table up beside the greenway so that runners can pick up the cups. You will be focused on re-filling cups for them and putting them on the tables while the race is happening.

1. You will need to mix the gatorade powder into a 5 gallon container. You will have powder and a stir stick. The Gatorade should be diluted to about ½ of what is suggested on the can! Otherwise it is too sweet! Note; if the lid is too tight of the 5 gallon container the faucet will not work properly.
2. You will have a plastic bin that has some water station supplies in it. Look through that when you arrive so you know what is in there.
3. Follow instructions on the easy [Quick Guide](#) for set-up and serving.

In case of Emergency - Dial 911, then call/text me to update. In an instance of a runner having a non-emergency injury or wanting to drop out of the race, please call or text me (828) 450-7514, so we can arrange pick-up.

Wrapping up and packing up: Please pick up trash - cups and gel and granola bar wrappers within one mile radius of your water station. The water and gatorade can be dumped out of the jugs before you return the supplies. Bring the trash bags with you, we can throw these away at the pool. Bring all these items to the iDaph Truck/Trailer at the soccer field to unload.

Remember, managing a water station is more than just handing runners cups of water. It's about providing a lifeline to runners who need it, especially during a race. By following the steps above, you'll be doing your part to make sure that runners make it to the finish safe, hydrated, and victorious.

Let me know what other questions you have!

My best,