



**Millennium Running**  
138 Bedford Center Road  
Bedford, NH 03110  
[www.millenniumrunning.com](http://www.millenniumrunning.com)

## Newburyport Half Marathon

**Aid Station Located at Traffic Circle on Oppertunity Way**

**DATE:** Sunday, October 24, 2021  
**CHECK-IN:** Report directly to aid station location.

**WATER STOP LOCATION:** Traffic Circle on Oppertunity Way  
**10 Oppertunity Way, Newburyport, MA 01950**

**WATER SOURCE:** Oppertunity Works Building Phone: 978-821-9975  
**10 Oppertunity Way, Newburyport, MA 01950**  
Contact is Mike Sughrue

**MARATHON COURSE MILE(S):**

- 10.5

**REPORT TIME:** 9:39:30 AM

**RACE START TIME:** 9:15:00 AM

**EST. FIRST RUNNER:** 10:09:30 AM

**EST. FINAL RUNNER:** 12:07:20 PM

**RACE CONTACTS:** Cullen Madden (Millennium) – 603.305.7899

**WATER STOP SET-UP:**

- 2 Tables
- 4 Empty Fluid Coolers
- 3 Bottles of Gatorade Concentrate
- 1 Box(es) of Cups
- 1 Rake
- 1 Shovel
- Trash Bags
- Hose & Water Filter



# AID STATION SETUP INFORMATION:

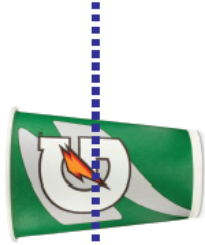
## Gatorade (Concentrate):

To appropriately mix Gatorade Concentrate Powder, mix **1 gallon of concentrate to 5 gallons of water** in the Gatorade Cooler.

**NOTE:** Gatorade Coolers hold 7 gallons of fluid

As concentrate is added, stir the mixture well to ensure it does not settle at the bottom of the cooler.

Fill cup approximately halfway to allow runners to grab with minimal spilling.



Fill the Cup  
Halfway with Fluid

## Water:

Fill cups only halfway full with water.

If possible, try to utilize non-Gatorade branded cups for water whenever possible.

## General Set-up:

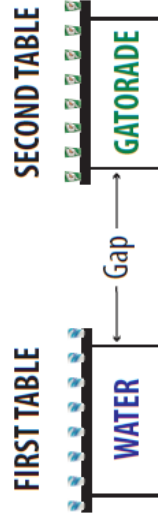
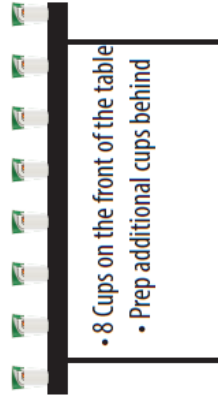
Gatorade & Water Tables should be separated whenever possible to allow time for runners to make a decision on which fluid(s) they wish to take.

Whenever possible, Water Table should be setup before the Gatorade Table so runner take water first.

No more than 8 cups should be spaced on the edge of the table to allow runners to grab them without spilling additional cups on accident.

Fill additional cups and place on the back of the table. As runners grab a cup from the front, replace it with a filled cup.

As runners discard their cup(s) of fluid, please clean up by raking and placing in trash bags. We do not want the trash to blow away and be left behind.



## Reminders:

Volunteers should wear gloves if they are handling fluids or any food items. Also recommended for anyone picking up used cups/trash.

Please **VERBALLY** call out what is in the cup on the table so runners know what they are grabbing!

Monitor cup & amount of fluid in the coolers! You should **NEVER** run out of fluid/cups. Refill coolers, or call Millennium Running if no water source available, to ensure you are always able to have fluids for runners at ALL TIMES.