



Saturday Morning Training Runs Aid Station Volunteer Instructions

Aid Station Volunteer Position Description: Set up a table with water, Gatorade, and nutrition, and monitor the aid station until the last participant leaves. Pick-up aid station equipment and return supplies to MN Treads. [Please report your volunteer hours on the linked Google form.](#)

Instructions:

1. Arrive at the Rochester Athletic Club no later than 6:45 a.m. to pick up supplies and receive your aid station location assignment(s). The Captain will bring all necessary equipment and supplies to the RAC.
2. Please take off for your aid station as soon as you have loaded up supplies before the runners begin their run. If you are at the odd-numbered stations, you will need to get to your first location to be set up before the first group of runners arrives.
3. When you arrive at your aid station location determine where you will set up the table. The table should be at least six feet away from the running trail, sidewalk, or roadway the runners/walkers will be approaching from. Wipe table down with a disinfectant wipe.
4. Set up the water jug on one end of table and the Gatorade jug on the opposite end of table with spigots facing outward.
5. Place a sleeve of cups by each jug. Leave the cups in the plastic sleeve. Participants are responsible for getting their own cup if they did not bring their own water bottle.
6. Place a hand sanitizer by each jug.
7. Wipe off nutrition items with disinfecting wipe and place nutrition items separate from each other in the center of the table.
8. Set out Rochester Running Club business cards.
9. Set-up garbage receptacle at least six feet away from the aid station table.
10. Refill cups or nutrition items as needed.



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11. Times for the aid station to be open are posted on the sign-up genius. Please pack-up the aid station, clean up the area, take all garbage with you once the last runner is through or at the posted end time for the aid station on the sign-up genius. If applicable, move to your second location and repeat steps 3-9 when you set up at the second aid station location.

12. After you have finished your last aid station, pack up the aid station, clean up the area, take all garbage with you, and return all items to the designated location provided to you by the Captain when you picked up the supplies.

THANK YOU FOR VOLUNTEERING...we could not do this without you!!!