



Saturday Morning Training Runs Aid Station Volunteer Instructions

Aid Station Volunteer Position Description:

Set up a table with water, Gatorade, and nutrition. 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. Pick up Aid Station Supplies from Minnesota Treads on Friday during business hours or on Saturday morning at 7AM. After your Aid Station closes, please return all supplies to Minnesota Treads during their Saturday business hours. Please coordinate with Brock Quimby as needed to coordinate aid station supply pick-ups (brockraces@gmail.com)
2. Please ensure your aid station is set-up and ready for runners by the provided start time on the sign-up genius
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 the table and the Gatorade jug on the opposite end of the table with spigots facing outward. Place a sleeve of cups by each jug.
5. Place nutrition items in the center of the table.
6. Set out Rochester Running Club information sheet and Aid Station Sponsor signage.
7. Set-up garbage receptacle near the aid station table.
8. Refill cups or nutrition items as needed.
9. 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. Return all items to Minnesota Treads.