

ST. MICHAELS RUNNING FESTIVAL



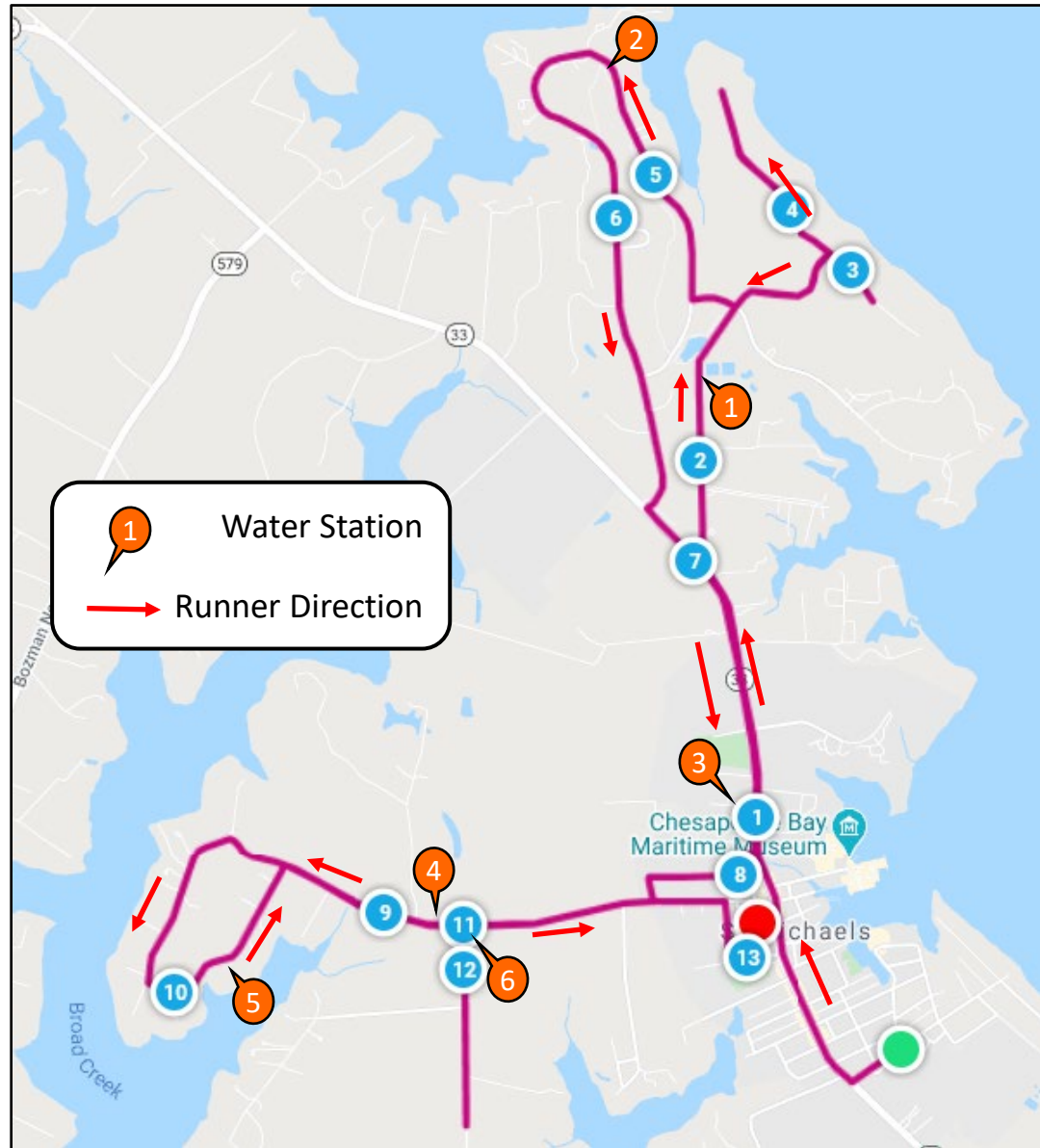
WATER STATION GUIDE

St. Michaels Running Festival

Saturday, May 14, 2022

Water Station Overview

- WS-1** – Deepwater Point @ Maint. Bldg.
- WS-2** – Links at Perry Cabin Clubhouse
- WS-3** – Pixel Print & Post
- WS-4** – Mt. Pleasant Rd near Dawson Rd
- WS-5** – 23669 Mt. Pleasant Landing Cir
- WS-6** – Railroad @ Church Neck
- WS-7** – 5k (Boundary @ R2T)
- FINISH** – Fremont Street



Water Stations - Locations and Teams

| Station | Location | Team | Contact | Phone |
|---------|----------------------------------|--------------------|------------------------|----------------|
| WS-1 | Martingham 1 | TES PTA | Amy Carroll | (410)-829-1713 |
| WS-2 | Martingham 2 | TAYA | Leah Schultz | (443) 786-7637 |
| WS-3 | Pixel Print Post | SMHS Engineer Team | JT Lizewski | (667) 967-2333 |
| WS-4 | Railroad Ave 1 | Talbot Humane | Patty Crankshaw-Quimby | (410) 714-2092 |
| WS-5 | Mt. Pleasant | UUMC | Marlene Thomas | (410) 829-3420 |
| WS-6 | Railroad Ave 2 | Talbot Humane | Patty Crankshaw-Quimby | (410) 714-2092 |
| WS-7 | Rails to Trails | YMCA | Chris & Frank Doria | (914) 954-9213 |
| Finish | Finish-Fremont | Christ Church | Bev Kegan | (410) 829-9997 |

Water Stations - Set Up

| <u>Station</u> | <u>Location</u> | <u>Tables</u> | <u>Water (5gal)</u> | <u>Gatorade Pouches</u> | <u>Cups</u> | <u>Trash Boxes</u> | <u>Liners</u> | <u>Gel Packs</u> |
|----------------|----------------------------------|---------------|---------------------|-------------------------|-------------|--------------------|---------------|------------------|
| WS-1 | Martingham 1 | 5 | 12 | 9 Pouches | 2500 | 3 | 10 | N/A |
| WS-2 | Martingham 2 | 6 | 14 | 9 Pouches | 2500 | 3 | 10 | Middle Table |
| WS-3 | Pixel Print Post | 6 | 14 | 9 Pouches | 2500 | 3 | 10 | Middle Table |
| WS-4 | Railroad 1 | 5 | 16 | 9 Pouches | 2500 | 3 | 10 | N/A |
| WS-5 | Mt. Pleasant | 6 | 16 | 9 Pouches | 2500 | 3 | 10 | Middle Table |
| WS-6 | Railroad 2 | 5 | 16 | 9 Pouches | 2500 | 3 | 10 | N/A |
| WS-7 | 5K-R2T | 3 | 4 | - | 2500 | 3 | 5 | N/A |

NOTES

- Start 1st table at pink flag
- Space the tables at least 10 feet apart
- If possible, place all tables OFF the road and on the grass (unless drainage ditch prevents)
- Place Gatorade station as last table(s) – at least 20 yards (where possible) from the last water table – it should be farthest out from the water tables.
- Put Gatorade coolers on Gatorade table(s)
- Place a rake at each water station.

Water Stations – General Information

CONTACT Sarah Benedict – (806) 787-1838
Tracy Eutsler – 443-786-8539

DATE Saturday, May 14, 2022

HOURS Report @ 6:00am, end time varies by location

PERSONAL ITEMS Please bring chairs, music, signs, noisemakers, sunscreen, snacks if needed, an extra t-shirt and any personal items you might need.

SUPPLIES Your station will be supplied with a tent, tables, 5 gallon jugs of water, electrolyte drink mix, orange Gatorade coolers, cups, nitrile gloves, 1 rake, trash cans (3 x 35 gal) and several liners.

TRASH Place one trashcan with liner about 30 feet after the station. The second trashcan with liner inserted should be placed 75 feet after the station. Please police the area and put cups in the trashcans. Replace liners as need and put tied off full bags off the road. A crew will follow the last runner to break down the station and pick up all trash bags. **Until sweep vehicle arrives assume there are still runners on course.**

CLEAN UP There will be sufficient time to clean up during slow periods and after the race. **PLEASE DO NOT** worry about trash – everything can be picked up after the race and runners are very accustomed to running through water stations.

EMERGENCY **DIAL 911** - In the event of an emergency - **DIAL 911**. Please make note of the runner's bib number, gender and clothing when calling in an emergency.

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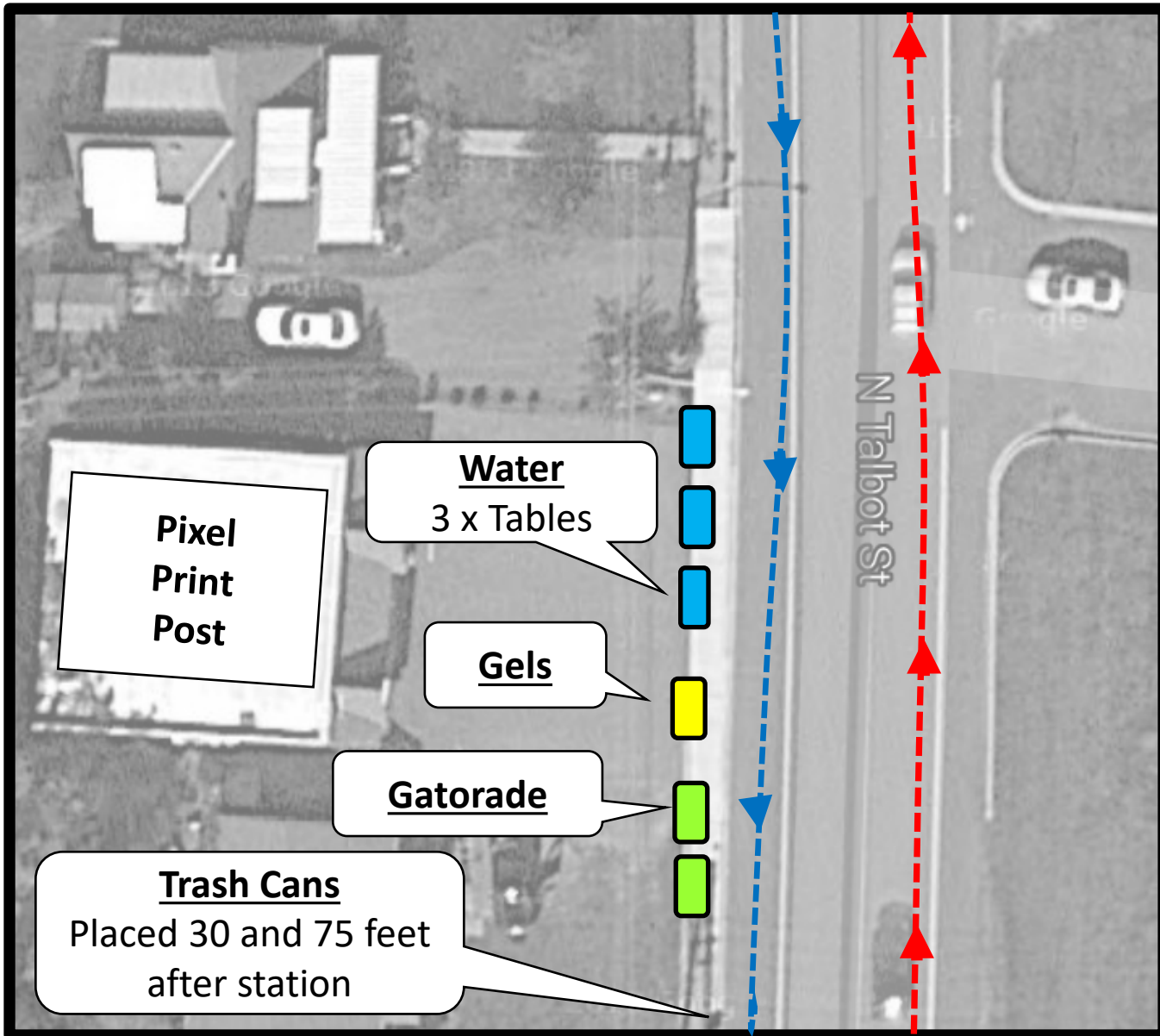


WS-3

Rt. 33 – Pixel, Print and Post

SMHS Engineer Team
JT Lizewski

WS-3 - Pixel Print & Post



[Link To Location](#)