

# ST. MICHAELS RUNNING FESTIVAL



## WATER STATION GUIDE

*St. Michaels Running Festival*

**Saturday, May 14, 2022**

# Water Stations - Locations and Teams

Station	Location	Team	Contact	Phone
WS-1	<a href="#">Martingham 1</a>	TES PTA	Amy Carroll	(410)-829-1713
WS-2	<a href="#">Martingham 2</a>	TAYA	Leah Schultz	(443) 786-7637
WS-3	<a href="#">Pixel Print Post</a>	SMHS Engineer Team	JT Lizewski	(667) 967-2333
WS-4	<a href="#">Railroad Ave 1</a>	Talbot Humane	Patty Crankshaw-Quimby	(410) 714-2092
WS-5	<a href="#">Mt. Pleasant</a>	UUMC	Marlene Thomas	(410) 829-3420
WS-6	<a href="#">Railroad Ave 2</a>	Talbot Humane	Patty Crankshaw-Quimby	(410) 714-2092
WS-7	<a href="#">Rails to Trails</a>	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	<a href="#">Martingham 1</a>	5	12	9 Pouches	2500	3	10	N/A
WS-2	<a href="#">Martingham 2</a>	6	14	9 Pouches	2500	3	10	Middle Table
WS-3	<a href="#">Pixel Print Post</a>	6	14	9 Pouches	2500	3	10	Middle Table
WS-4	<a href="#">Railroad 1</a>	5	16	9 Pouches	2500	3	10	N/A
WS-5	<a href="#">Mt. Pleasant</a>	6	16	9 Pouches	2500	3	10	Middle Table
WS-6	<a href="#">Railroad 2</a>	5	16	9 Pouches	2500	3	10	N/A
WS-7	<a href="#">5K-R2T</a>	3	4	-	2500	3	5	N/A

## NOTES

- Start 1<sup>st</sup> 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.

[Back to Top](#)

# ST. MICHAELS RUNNING FESTIVAL



## WS-7

# Station 5K

## Rails to Trails

YMCA

Chris & Frank Doria

# WS-7 - Rails to Trails

