

**Seattle Marathon's Summer
5K/10K/Half Marathon & Kids Fun Run
Saturday June 22nd 2024**

REVISED 5/31/24

WATER STATION 1 ASSIGNMENT

Aid Station #:

Water Station(s) #: 1

Report By: 6:30 AM

Race Date: Saturday, June 22, 2024

Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

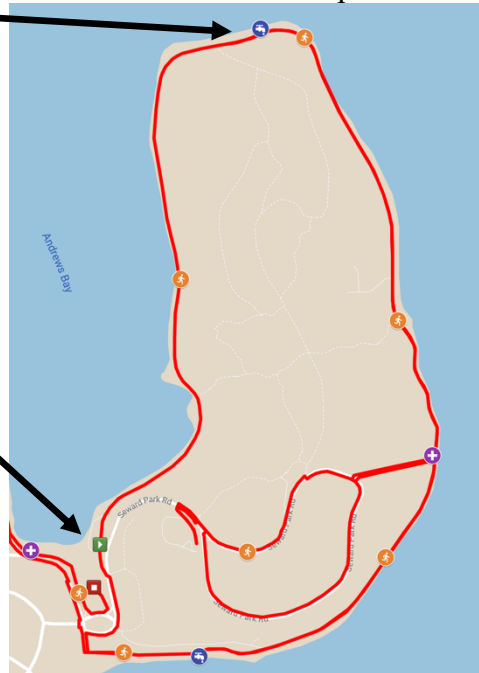
**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location:

Seward Park – Shore Loop Road

Water Station 1 is located at the north tip of the park. You will need to walk approximately 1 mile from the start line.

Start line by Clay Studio

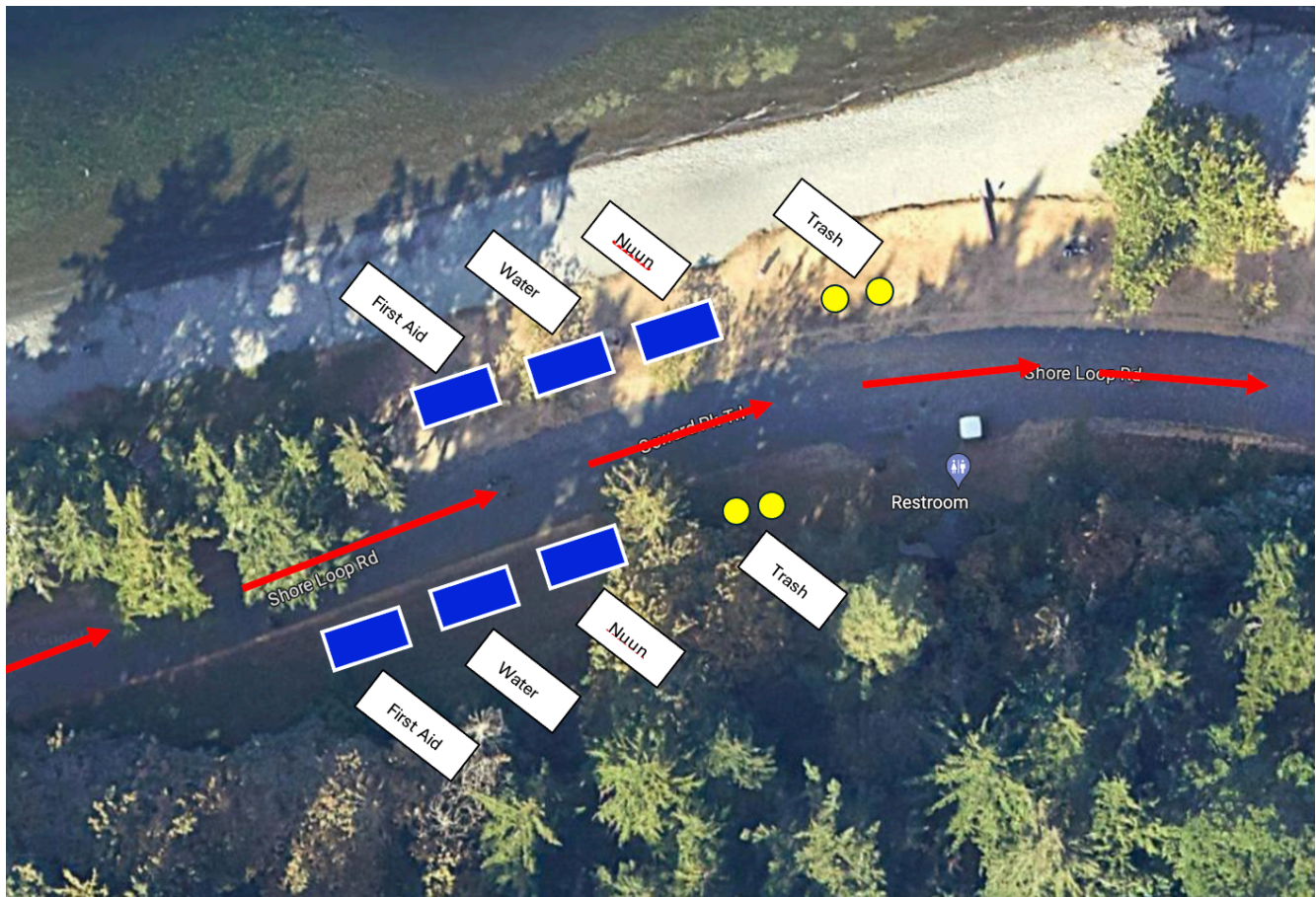


ESTIMATED TIME OF ARRIVAL		
	Half Marathon Loop One	Half Marathon Loop Two
First Runner	7:00am	7:20am
Last Walker	7:40am	8:50am
ESTIMATED TIME OF ARRIVAL		
	5 K Loop One	5 K Loop Two
First Runner	8:30am	NA
Last Walker	9:00am	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	9:30am	9:50am
Last Walker	10:00am	11:10pm

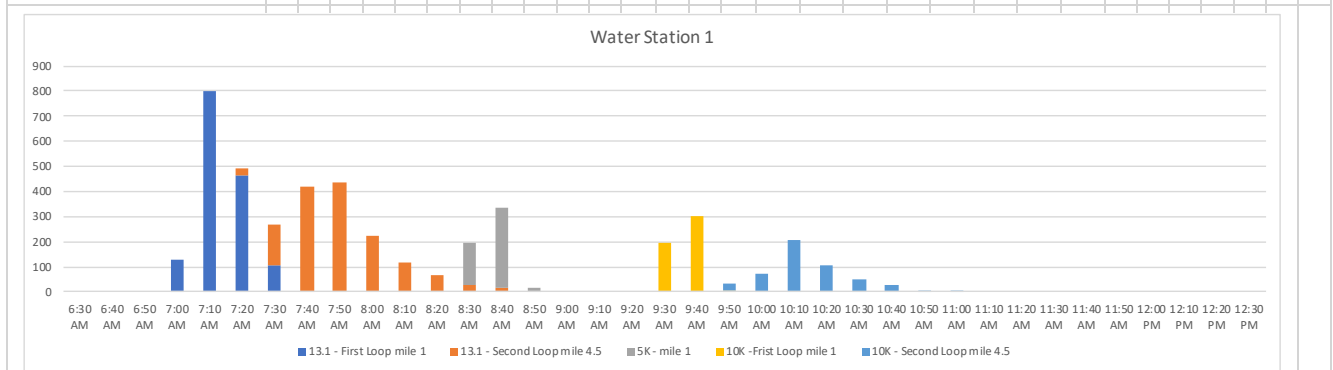
ESTIMATED MILEAGE		
	Half Marathon Loop One	Half Marathon Loop Two
This station at	1	4.5
ESTIMATED MILEAGE		
	5 K Loop One	5 K Loop Two
This station at	1	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	1	4.5

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	6:30 AM	6:40 AM	6:50 AM	7:00 AM	7:10 AM	7:20 AM	7:30 AM	7:40 AM	7:50 AM	8:00 AM	8:10 AM	8:20 AM	8:30 AM	8:40 AM	8:50 AM	9:00 AM	9:10 AM	9:20 AM	9:30 AM	9:40 AM	9:50 AM	10:00 AM	10:10 AM	10:20 AM	10:30 AM	10:40 AM	10:50 AM	11:00 AM	11:10 AM	11:20 AM
13.1 - First Loop mile 1				129	801	462	108																							
13.1 - Second Loop mile 4.5						32	161	422	435	223	118	65	27	16																
5K - mile 1													170	318	19															
10K - First Loop mile 1																			194	300	6									
10K - Second Loop mile 4.5																				28	75	206	106	51	27	1	6			



Water Station 1 Supplies

- 6 tables
- 4 trash boxes
- 10 Foam Core boards
- 2 boxes Nuun Cups (4,000 cups total)
- 2 boxes Nuun Concentrate (20 bags total)
- 2 boxes water cups (4,000 cups total)
- 24 Nuun coolers full of water
- 2 Water banners
- 2 Nuun banners
- 2 Water Station Totes
 - Latex gloves
 - Trash bags
 - First aid supplies
 - Cow Bells for cheering
 - Stir stick

Table 1 – First Aid Supplies



Table 2 - Water



Table 3 – Nuun



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WATER STATION 2 ASSIGNMENT

Aid Station #:

Water Station(s) #: 2

Report By: 6:35 AM

Race Date: Saturday, June 22, 2024

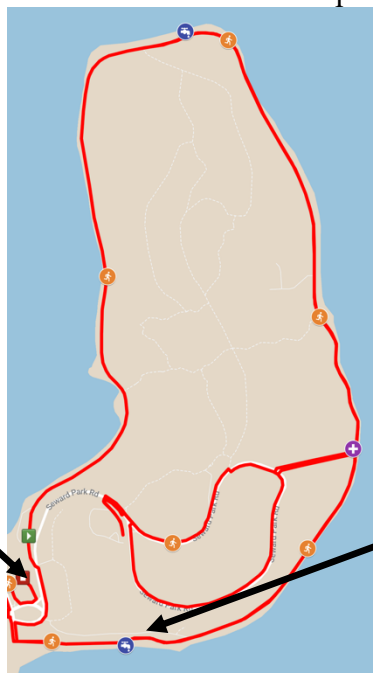
Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location: Seward Park – Shore Loop Road and Lake WA Blvd parking lot



Start line by
Clay Studio

Water Station 2 is located at the south end of the park. In the parking lot near the round about. You will be able to park near the station.

ESTIMATED TIME OF ARRIVAL

	Half Marathon Loop One	Half Marathon Loop Two
First Runner	7:10am	7:30am
Last Walker	8:30am	9:20am
ESTIMATED TIME OF ARRIVAL		
	5 K Loop One	5 K Loop Two
First Runner	8:30am	NA
Last Walker	9:20am	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	9:40am	9:50am
Last Walker	10:30am	11:20m

ESTIMATED MILEAGE

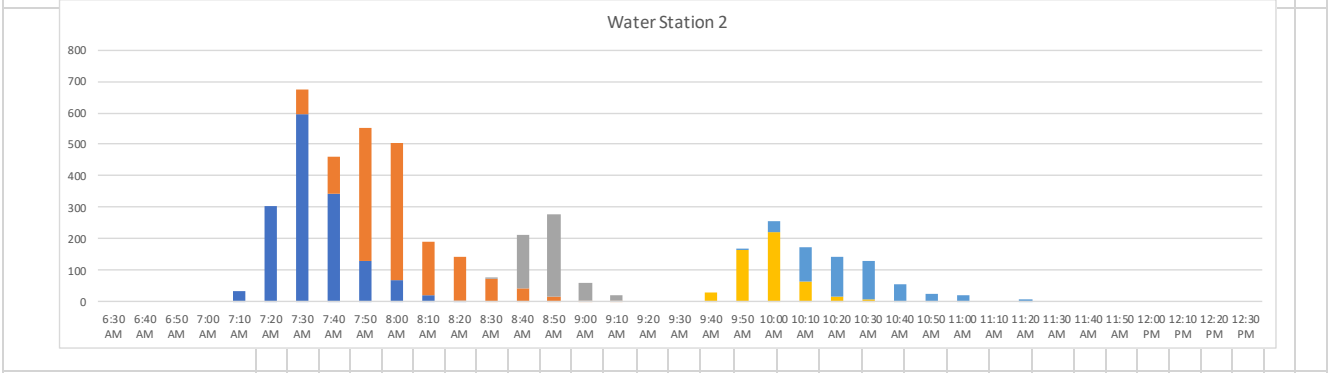
	Half Marathon Loop One	Half Marathon Loop Two
This station at	3	5.5
ESTIMATED MILEAGE		
	5 K Loop One	5 K Loop Two
This station at	2	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	3	5.5

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13.1 - First Loop mile 3					32	304	594	344	132	70	22	3																			
13.1 - Second Loop mile 5.5							78	116	422	435	167	142	73	43	16	5	3														
5K - mile 2													1	169	262	56	19														
10K -Frist Loop mile 3																				28	166	221	64	15	6						
10K - Second Loop mile 5.5																					5	35	108	126	122	54	25	19		6	



Water Station **2** Supplies

- 6 tables
- 4 trash boxes
- 10 Foam Core boards
- 2 boxes Nuun Cups (4,000 cups total)
- 2 boxes Nuun Concentrate (20 bags total)
- 2 boxes water cups (4,000 cups total)
- 24 Nuun coolers full of water
- 2 Water banners
- 2 Nuun banners
- 2 Water Station Totes
 - Latex gloves
 - Trash bags
 - First aid supplies
 - Cow Bells for cheering
 - Stir stick

Table 1 – First Aid Supplies



Table 2 - Water



Table 3 – Nuun



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WATER STATION 3 ASSIGNMENT

Aid Station #:

Water Station(s) #: 3

Report By: 7:10 AM

Race Date: Saturday, June 22, 2024

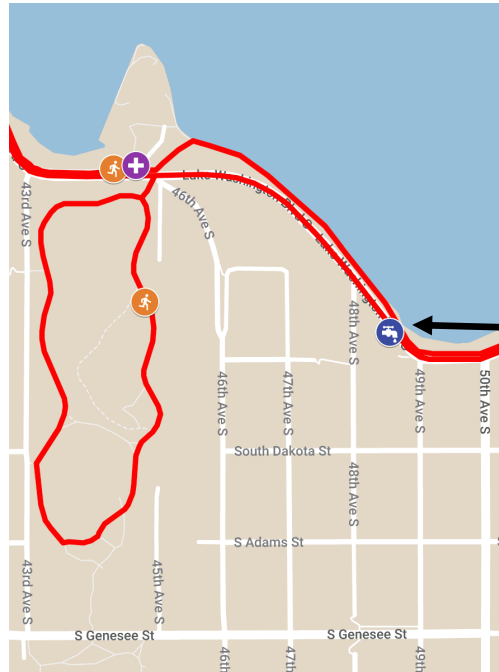
Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location: Lake WA Blvd and 49th Ave S



Water Station 3 is located along Lake Washington Blvd at the edge of the parking lot located between 48th Ave S and 49th Ave S.

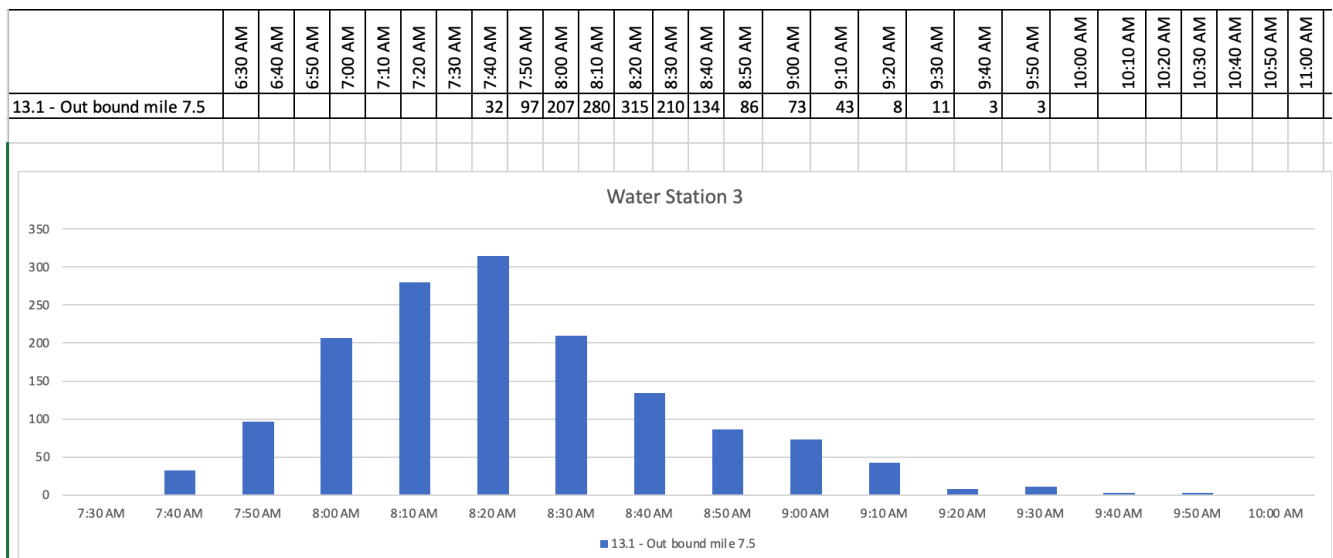
Parking available on site, must access from 49th Ave S.

ESTIMATED TIME OF ARRIVAL		
	Half Marathon Out bound	Half Marathon In bound
First Runner	7:40am	NA
Last Walker	10:40am	NA
ESTIMATED TIME OF ARRIVAL		
	5 K Out Bound	5 K In Bound
First Runner	NA	NA
Last Walker	NA	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	NA	NA
Last Walker	NA	NA

ESTIMATED MILEAGE		
	Half Marathon Loop One	Half Marathon Loop Two
This station at	3	NA
ESTIMATED MILEAGE		
	5 K Out Bound	5 K In Bound
This station at	NA	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	NA	NA

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Water Station **3** Supplies

- 3 tables
- 2 trash boxes
- 5 Foam Core boards
- 1 box Nuun Cups (2,000 cups total)
- 1 box Nuun Concentrate (10 bags total)
- 1 boxes water cups (1,000 cups total)
- 1 Tote of Humma Gels
- 2 Half full water barrels
- 1 Water banner
- 1 Nuun banner
- 1 Humma Gel banner
- 1 Water Station Totes
 - Latex gloves
 - Trash bags
 - First aid supplies
 - Cow Bells for cheering
 - Stir stick

Table 1 – First Aid Supplies



Table 2 - Water



Table 3 – Nuun



Seattle Marathon's Summer 5K/10K/Half Marathon & Kids Fun Run Saturday June 22nd 2024

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WATER STATION 4 ASSIGNMENT

Aid Station #:

Water Station(s) #: 4

Report By: 7:20 AM

Race Date: Saturday, June 22, 2024

Start Times: Half - 7:00am

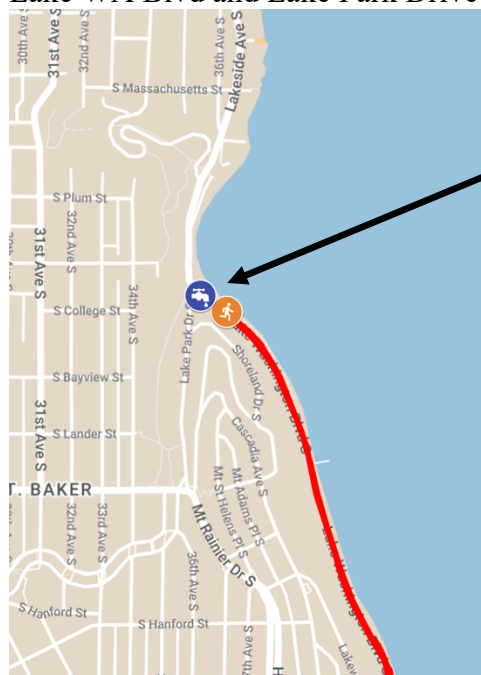
5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location:

Lake WA Blvd and Lake Park Drive – Half Marathon turn around



Water Station 4 is located along Lake Washington Blvd and Lake Park Drive. This is the half marathon turn around.

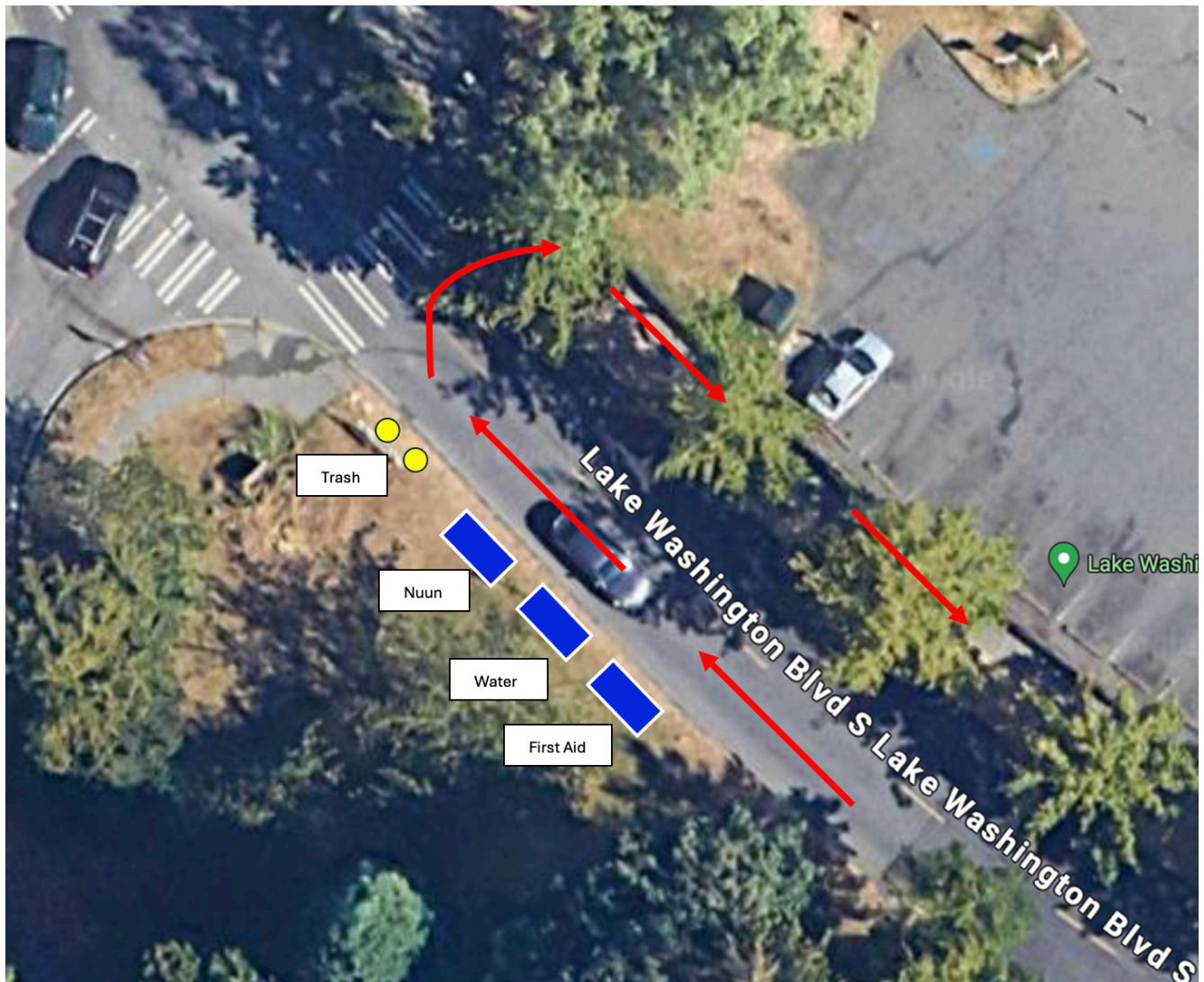
Parking available at Mt Baker Beach.

ESTIMATED TIME OF ARRIVAL		
	Half Marathon Out bound	Half Marathon In bound
First Runner	7:50am	NA
Last Walker	10:00am	NA
ESTIMATED TIME OF ARRIVAL		
	5 K Out Bound	5 K In Bound
First Runner	NA	NA
Last Walker	NA	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	NA	NA
Last Walker	NA	NA

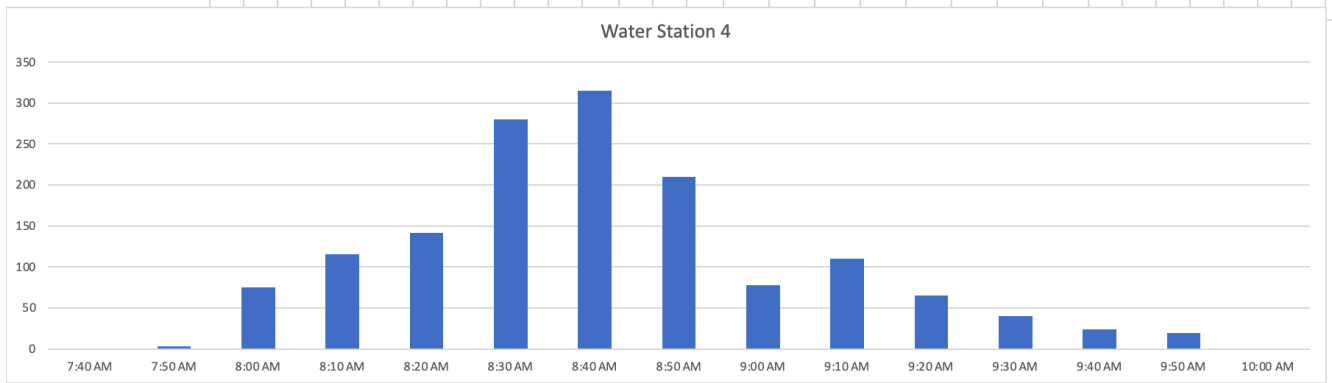
ESTIMATED MILEAGE		
	Half Marathon Loop One	Half Marathon Loop Two
This station at	3	NA
ESTIMATED MILEAGE		
	5 K Out Bound	5 K In Bound
This station at	NA	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	NA	NA

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13.1 - Turn around mile 9.5									3	75	116	142	280	315	210	78	110	65	40	24	19									



Water Station 4 Supplies

- 3 tables
- 2 trash boxes
- 5 Foam Core boards
- 1 box Nuun Cups (2,000 cups total)
- 1 box Nuun Concentrate (10 bags total)
- 1 boxes water cups (1,000 cups total)
- 1 Tote of Humma Gels
- 2 Half full water barrels
- 1 Water banner
- 1 Nuun banner
- 1 Humma Gel banner
- 1 Water Station Totes
 - Latex gloves
 - Trash bags
 - First aid supplies
 - Cow Bells for cheering
 - Stir stick

Table 1 – First Aid Supplies



Table 2 - Water



Table 3 – Nuun



Seattle Marathon's Summer 5K/10K/Half Marathon & Kids Fun Run Saturday June 22nd 2024

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WATER STATION 4 ASSIGNMENT

Aid Station #:

Water Station(s) #: 5

Report By: 8:50 AM

Race Date: Saturday, June 22, 2024

Start Times: Half - 7:00am

5K - 8:30am

10K - 9:30am

**** IMPORTANT **** Please stay on duty until relieved or the ATV behind the last runner/walker passes

Location:

Lake WA Blvd and Adams Street Boat Ramp



Water Station 5 is located along Lake Washington Blvd and at the Adams Street Boat Launch.

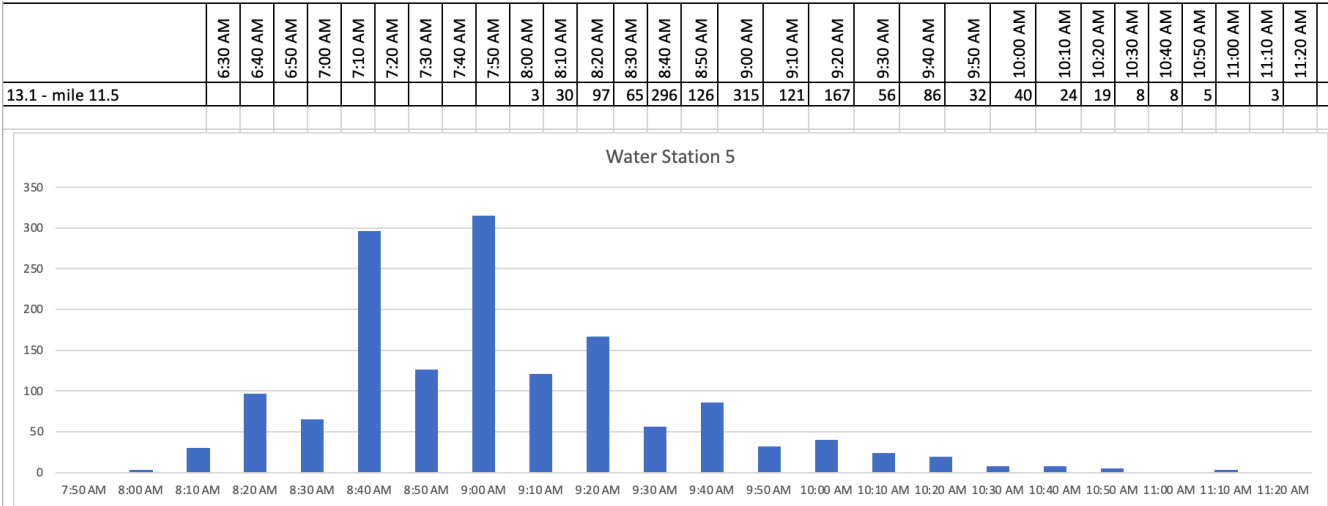
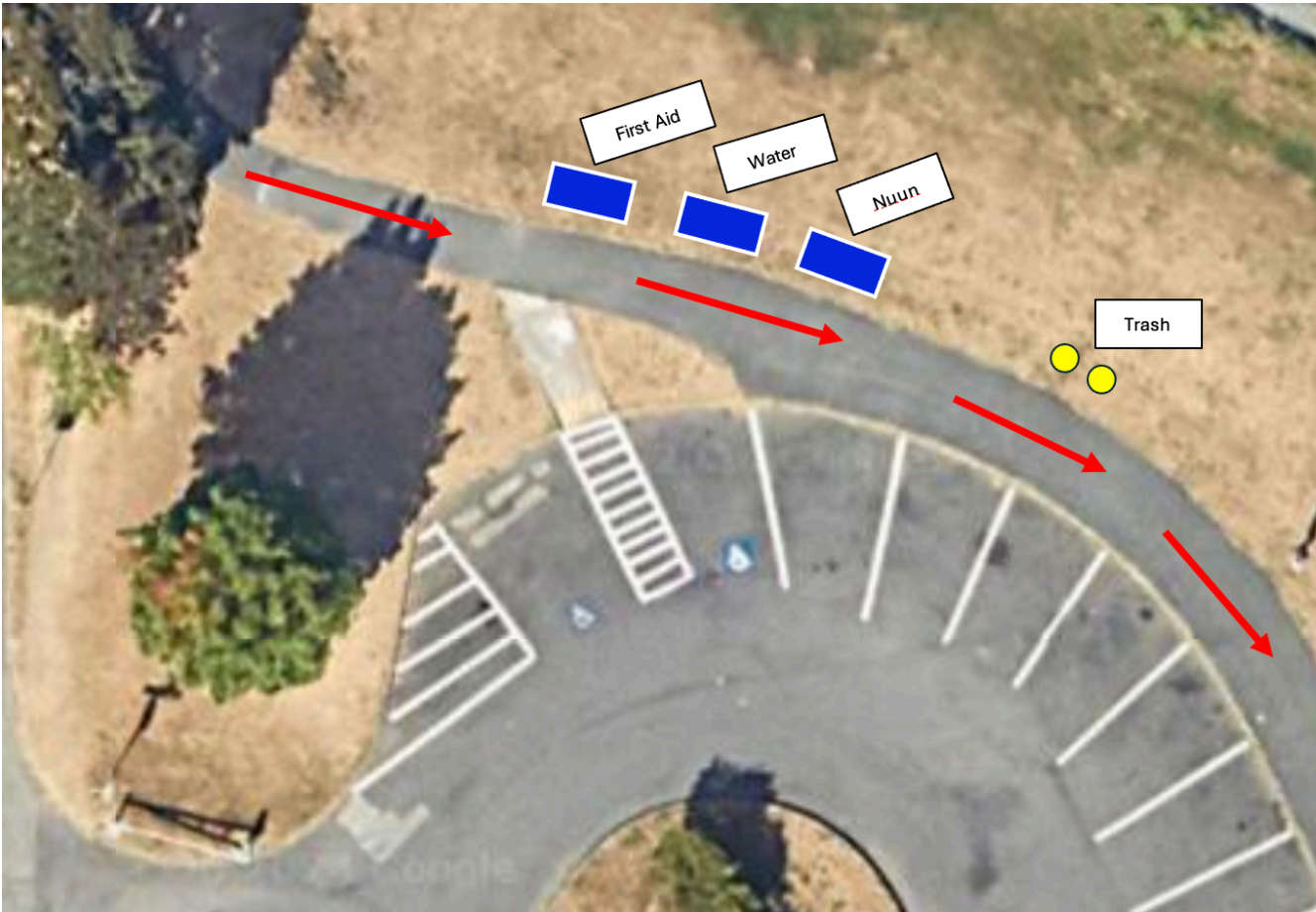
Parking may be available at the Adams Street Boat Launch if you arrive early.

ESTIMATED TIME OF ARRIVAL		
	Half Marathon Out bound	Half Marathon In bound
First Runner	NA	8:00am
Last Walker	NA	11:20am
ESTIMATED TIME OF ARRIVAL		
	5 K Out Bound	5 K In Bound
First Runner	NA	NA
Last Walker	NA	NA
ESTIMATED TIME OF ARRIVAL		
	10 K Loop One	10 K Loop Two
First Runner	NA	NA
Last Walker	NA	NA

ESTIMATED MILEAGE		
	Half Marathon Loop One	Half Marathon Loop Two
This station at	3	NA
ESTIMATED MILEAGE		
	5 K Out Bound	5 K In Bound
This station at	NA	NA
ESTIMATED MILEAGE		
	10 K Loop One	10 K Loop Two
This station at	NA	NA

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Water Station **5** Supplies

- 3 tables
- 2 trash boxes
- 5 Foam Core boards
- 1 box Nuun Cups (2,000 cups total)
- 1 box Nuun Concentrate (10 bags total)
- 1 boxes water cups (1,000 cups total)
- 1 Tote of Humma Gels
- 2 Half full water barrels
- 1 Water banner
- 1 Nuun banner
- 1 Humma Gel banner
- 1 Water Station Totes
 - Latex gloves
 - Trash bags
 - First aid supplies
 - Cow Bells for cheering
 - Stir stick

Table 1 – First Aid Supplies



Table 2 - Water



Table 3 – Nuun



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Here are some important instructions for how to set up and run a water station with the Seattle Marathon Association. Please follow these instructions carefully!

Set Up

1. **Your supplies will be delivered by our course manager race morning:**
 - Locate the plastic storage bin(s), one of which contains a 3-ring binder labeled "Water Station Instructions," with all your race day information.
2. **Inventory your supplies:**
 - Use the Water Station Equipment List and check to see that you have everything.
 - **If you are missing anything, contact Jessica Long, Volunteer Coordinator, 360-210-3008** as early as possible.
3. **Cleaning Tables and Foam Board:**
 - Wash table surface and Foam Boards (the white boards to separate tiers of water):
 - Assign at least one volunteer to wipe down tables and boards with Clorox Wipes
 - Wipe tables and set the first row of cups on the table.
4. **Set up tables: Use the diagram provided.**
 - Set tables in a line.
 - The first table will be the self-service First Aid Table. Place all items on the table in neat piles so runners can see them clearly and grab what they need. Station B place Humma Gels on this table as well.
 - The second table should be water. Using a plastic pitcher fill each water cup half full. Use provided boards to separate the layers
 - The third table should be Nuun Endurance.
 - After the tables are set up, the signs and banners should be affixed.
5. **Garbage/ Recycling cans:**

You will receive 2-4 trash boxes. They need to be set after the last table
6. **Get ready; here they come!** Remember, there are over 1,500 runners participating today and they're all in a hurry! So make sure everything is in place before the first runner shows up.

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7. **Serve drinks!** A few runners will help themselves, but most prefer to have cups handed to them. Yell out whether you have water or Nuun.

Clean Up All the time:

1. Start cleanup early (as used cups, etc. accumulate on the ground). Make sure to walk at least 100 feet in each direction of the water stations to pick up garbage. Walk as far as needed to ensure all garbage has been picked up.
Please do your best to get every last cup.
2. Tie trash bags closed and pile them up for disposal.
3. Stack unused supplies and all equipment as neatly as possible. All trash, supplies, and equipment will be picked up immediately after the event. Keep the garbage and equipment in two separate piles.

Closing the water station:

As the estimated closing time approaches, leave a skeleton crew to man the water station and help load trash and equipment into the clean-up trucks.

1. Continue to clean up every last cup and piece of trash for several hundred yards both "upstream" and "downstream" from your water station.
2. Wash and rinse the tables and pieces of signboard as needed, especially the ones used for the Nuun table. Stack the signboard neatly.
3. Put unopened packages of Nuun back in their boxes.
4. Put all small items in the plastic First Aid bin/tub.
5. As the crowd of participants thins AND as cleanup is nearly done, you may begin releasing volunteers (THANK YOU!).
6. A skeleton crew (2-3 people) should remain at the water station until released by a race official. An official Seattle Marathon vehicle will accompany the very last athletes.
7. When the truck arrives, help the drivers and crew load garbage, supplies and equipment into the trucks. You're done!

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- 3-6 Tables
- Water Banner
- Nuun Banner
- Humma Gel Banner (station B only)
- Latex gloves
- Plastic bags
- Trash boxes
- Trash bags
- First aid supply tote
- Cow Bells for cheering
- Nuun mix
- Nuun coolers
- Nuun cups
- Stir stick
- Water barrels or Water coolers
- Water cups
- Foam core boards
- And Instructions

