

Aid Station 3 – Tater Canyon



Thanks for helping staff an aid station for runners! First, raise the legs of the canopy to their highest setting and assemble up your aid station. Remove all items from the aid station bin and get to know what is in there.

There is a Cleanwaste port-o-potty located nearby. Make sure runners know where it is if they need to “go.”

Place one water dispenser (blue cube) on the table so it’s easy to access for you and the runners. The drink cooler should be filled with water and **one bag** of Tailwind (an electrolyte drink) should be added and mixed in using the big spoon. Make sure it mixes well, otherwise runners end up with sludge at the bottom.

Fill some of the cups provided $\frac{3}{4}$ full of water and others with Tailwind so they are easy to grab. Runners will want to know the difference between water and Tailwind – one way to do this is to have one volunteer handing out Tailwind on one side of the trail, and another volunteer on the other side. Those individuals can say “I have water” or “I have Tailwind” as runners approach.

Place the flexible trash can with its plastic bag nearby by so runners can dispose of peels and cups easily.

Use hand sanitizer to wash your hands, use a sanitizing towelette to cleanse the cutting board and knife, then cut fruit into bite-size portions (cutting each into 4 pieces works well). Use the tupperware provided for holding cut fruit.

Put other snacks into serving tray. Make snacks available on the table for people to grab and go.

The first aid kit (blue pack) is available for anyone who needs it. Runners can self-administer first aid. If anyone needs advanced medical care or is unable to continue, please work with your radio communications volunteer to speak with the Medical Director. He can be at your aid station within a few minutes.

Help runners refill their bottles or hand them a water cup, tell them how great they’re doing (even if they look not-so-great), and thank them for running on the Arizona Trail!

Once you receive confirmation from the communications team that the last runner has passed through your aid station, please clean up the area, pour out any unused water and Tailwind on nearby trees and plants, and return to the finish line with all of your supplies. If you are unable to transport supplies back to the finish line, no problem. We can do that later. But just let us know whether or not we need to clean-up your aid station after the event.

We have great food waiting for you at the finish, so please come celebrate with us.

Thanks again and HAVE FUN!

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Follow the yellow pin flags and yellow flagging from the start/finish line to your aid station.

From the start/finish line, drive north on FR216 for approximately 3.8 miles to the intersection of Tater Canyon and the Arizona Trail. Look for the 10x10 pop-up canopy near the aspen trees.

This is the aid station!

Please park off the roadway and watch for runners approaching from the east (half-marathon and marathon runners) and south (10K runners).

The first 10K runner should arrive by 9:25 a.m. Once they reach your aid station they turn around and go back the way they came to finish.

The first half-marathon runner should arrive by 10:10 a.m. They run south toward the finish line.

Please inform other trail users you encounter that there will be about 100 runners on the trail today.

MILEAGE FOR HALF-MARATHON

Miles from the start to your aid station: 9.4

Miles to finish line: 3.8