



# Energy Gel Station Training Information



- Energy gel is intended for those that engage in 1-hour or more of physical activity
  - Marathon (yellow race bibs)
  - Half Marathon (silver race bibs)
- Energy gel will be provided at 3 stations along the course
  - Mile 7.7
  - Mile 15.8
  - Mile 23.2

# Equipment & Supplies

## Akron Marathon:

- ✓ 2-Tables
- ✓ Energy gel (strawberry and chocolate)
- ✓ Energy gel lanyards
- ✓ Trash boxes and black trash bags
- ✓ Blue bags for supplies
- ✓ Gloves
- ✓ Sign listing energy gel station locations
- ✓ Volunteer T-shirts
- ✓ Pretzels, Gummy Bats (**mile 23.2 only**)

## Water Station Volunteers:

- ✓ Flashlights
- ✓ Refreshments for Volunteers
- ✓ Dress for the Weather
- ✓ Corporate Branding or Decoration

**VOLUNTEERS:**

**PLEASE DO NOT**

**WEAR RED!**

# Station Set-Up

- Upon arrival, set up tables closest to the curb line
- Separate tables 5-feet between
- Set-up banners and trash boxes
- 1<sup>st</sup> table should be OPENED energy gel
- 2<sup>nd</sup> table should be UNOPENED energy gel
- Volunteers should wear the lanyard with the flavor they are distributing as well as shout out the flavor as runners pass
- Close your station when the SAG vehicle passes your station (followed by a police vehicle)
- Collect all energy gel wrappers in the black trash bags. Place trash bags 10 feet apart from tables and supplies on curb.
- Place all supplies and unused energy gel in blue bags near tables on the curb.
- **Mile 23.2, offer food items after energy gels.**