



DRINK STATION INSTRUCTIONS

Supervisor:	Martin Frenken
Check In Location:	Volunteer Check-in marquee at Alexandra Gardens
Check In Time:	6.45am
Working Location:	Various

Duties include:

Setting up drink stations on the course, handing cups out to participants and cleaning up the drink station area after the event.

Getting to your position:

Depending on your location you will either be driven or asked to walk to your marshal position.

Please speak to your Team Leader Martin Frenken on event day for specific instructions.

Four drink Stations will be located at the event: at the assembly area, finish area and on the course.

Location of Drink Stations:

All volunteers will be driven to their designated station.

Drink Station 1: Birdwood Avenue, 300m north of Dallas Brooks Drive

Drink Station 2: Alexandra Avenue

Drink Station 3: Linlithgow Ave/ Finish Line

Drink Station 4: Assembly Area

Personnel: 4 volunteers at each drink station – 6.45 am to 12 noon.

Specific Instructions:

- 1. Ensure you have clean hands; wash them before you start.**
- 2. Wear latex gloves at all times whilst handling cups and water (these will be provided).**
- 3. Place half-filled cups on tables.**
- 4. Provide drinks to participants.**
- 5. Hand cups to participants if requested.**
- 6. Have table full of drinks before the participants arrive.**

Clean up after. Cups may be some 100m in and around the drink station area. Please pick them up and place in the bins provided.