

**HOKA**



**Runaway™ Sydney  
Half Marathon**

**VOLUNTEER ROLE INFORMATION**

# **Drink Station - on Course**



# ROLE OVERVIEW

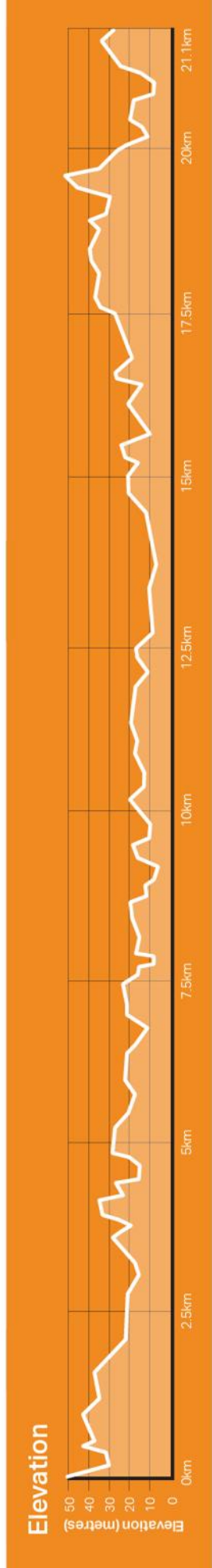
## Drink Station

<b>ROLE OUTLINE</b>	<ul style="list-style-type: none"><li>• You will assist in all aspects of setting up, manning, and dismantling the drink stands. This will include putting up the tables, helping connect hoses, unpacking boxes of cups, filling and stacking full cups on the corflute dividers.</li><li>• You will be asked to fill cups with water and/or electrolytes and provide these to participants after they cross the finish line and enter recovery</li><li>• Encourage athletes as they run past!</li></ul>
<b>Meeting Point</b>	<ul style="list-style-type: none"><li>• Meeting point is your allocated teams drink station from your team leader</li></ul>
<b>Role Requirements</b>	<ul style="list-style-type: none"><li>• Physical Activity: High</li><li>• Communication Skills: Low-Medium</li><li>• Age Requirement: 12 years+</li></ul>
<b>What do I wear?</b>	<ul style="list-style-type: none"><li>• Official volunteer t-shirt (received prior to your shift)</li><li>• Comfortable dark pants or shorts</li><li>• Enclosed shoes</li><li>• You may also be required to wear hi-vis, this will be provided to you if needed</li></ul>
<b>What do I bring with me?</b>	<ul style="list-style-type: none"><li>• A water bottle</li><li>• Sunscreen and hat</li><li>• Extra piece of clothing to ensure that you are warm</li><li>• Any extra snacks if needed (you will be provided snacks on the day)</li></ul>
<b>Where can I find maps of the course?</b>	You can find course and site maps on the 'Course Overview' section of the event website.
<b>How do I know when my shift is over?</b>	The area manager will notify you when you are finished. Once your shift is over it is important to make sure your area is clean and sign out via Rosterfy at the volunteer tent or through your mobile device on Rosterfy
<b>Who do I contact if I'm running late, or can no longer able to make it?</b>	If you are unable to make it in time or can no longer attend, please notify your group leader ASAP or alternatively the volunteer coordinator contact.



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# Half Marathon



# How to use a drink station water tank

## Water source

Water is stored in the 1000litres tank. There is a separate host attachment to it for you to extract water.



1000 Water tank



Water tank Valve - CLOSED



Water Tank Valve - OPEN

Follow these instructions to set up the tank.

### Step 1



Attached female end of hose couple to tank

### Step 2



Ensure the coupling is firmly attached into the tank outlet.

### Step 3



Once attached, pull lever on sides backwards to lock the hose in lock position

### Step 4



Insert the Plastic pipe end of the hose to the black bin(s). Turn on the flow by twisting the valve.

