

UnitedHealthcare NC Marathon WATER STATION TRAINING 2009



Example of a Water Station that is set up and ready to go!



The Boy Scouts demonstrate how to hand out water to runners.



Here's a perfect example of how to hand out water to runners.

UnitedHealthcare NC Marathon WATER STATION TRAINING 2009



And another perfect example of
how to hand out water to
runners.....



And another.....

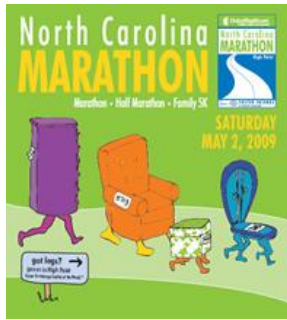




UnitedHealthcare NC Marathon WATER STATION TRAINING 2009

And another.....



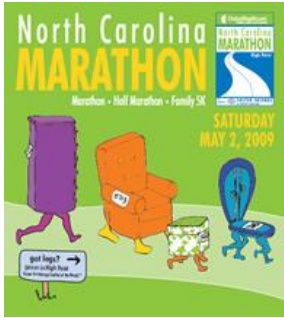


UnitedHealthcare NC Marathon WATER STATION TRAINING 2009

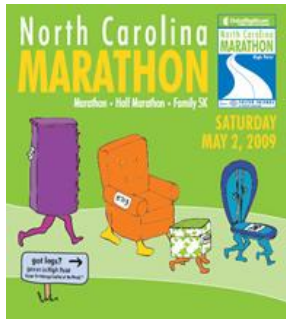
Some drink,
Some cool-off,
Some do both.



UnitedHealthcare NC Marathon
WATER STATION
TRAINING 2009



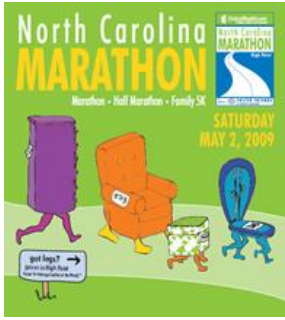
**Some
Runners**
pause to get water,
some run, grab,
and drink without
missing a step.



UnitedHealthcare NC Marathon WATER STATION TRAINING 2009



And there's other ways of cooling off!



UnitedHealthcare NC Marathon WATER STATION TRAINING 2009



**Water Station Teams have fun.
Go with a theme, play some
music, and enjoy the race.**



**Cleaning up
is critical for a
successful race.
All Water Station
must be
swept and cleaned
once the race is
finished.
Thank you!**