

LONG ISLAND MARATHON, HALF MARATHON, 10 K AND 5K SAT, SUN MAY 4, 5, 2013 WATER STOP VOLUNTEERS

Welcome to all. Every year our coaches and student--athletes have done a magnificent job serving the Long Island Marathon. It provides an excellent opportunity to illustrate the positives of those involved in our sport.

The event is basically the same this year as in the past. Each volunteer should arrive by 7 am to setup the stop and secure the water and cups. Some stops might have slightly different times. **Fill cups to about 2/3 full with at least two cups per runner setup before the runners arrive.** Some stops will also have an energy beverage, possibly an energy bar or packet, in addition to water. Coaches receive a token of appreciation for their involvement.

Each worker receives two tee shirts and a string bag or an added item. The added item could be different at each stop.

Workers should try to wear the water stop tee if practical. Every student will also receive 7 hours of community service credit. The Recreation dept. sends a letter to the school principal and the coach notifies the principal or guidance office of which track athletes worked.

This has always been a day that workers have a good time, see some of their teachers, neighbors, family, etc as they compete in the event. All participants are truly grateful for your efforts as reflected in their remarks to the recreation department, the media, and their friends. If possible, workers should wear the tee shirt that is a water stop volunteer shirt.

Serving the running community is in itself a rewarding experience. Schools can have a theme, or provide music, or in any innovative way do something different that brings further recognition to your school and team. Signs with the school or team name are effective. Several schools will receive a small plaque for the best water stops.

More specific information will be sent to each water stop team that is dedicated to the logistics of your site. Our teams are more important this year than other years due to the economic status of Nassau County this year. Thanks for your efforts. We look forward to seeing the teams at the water stops.

BOB BARATTA

PAUL LIMMER

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