

# Rotary Run for Mikinduri



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## Aid Station Team

### Members:

- Trevor Kennedy: *Captain*
- Sandy McMillan: *Runner Support*
- Errol Andrews: *Runner Support*
- Lynda Taylor: *Runner Support*

### Responsibilities:

- Pick up materials and truck to location
- Setup aid station at location
- Support runners with small cups of water and gatorade, and plates of food
- *Entertainment:* Team's call ... perhaps turn on the radio of one of the vehicles and turn up some music!
- Clean up location, including any trash left by runners
- Return materials to race site

sponsored by



### Schedule:

- 8:00 AM: Arrive @ Metro, take lanyards / materials, assemble team, truck to location
- 8:30 AM: Setup Station
- 9:07 AM: Expect first 5K runner
- 9:30 AM: Expect last 5K runner, with verification from Sweep, and first 15K runner
- ~10:15AM: Expect last 15K runner, with verification from Sweep
- ~10:20 AM: Clean up location
- ~10:30 AM: Truck materials back to race site @ Metro, using safe route

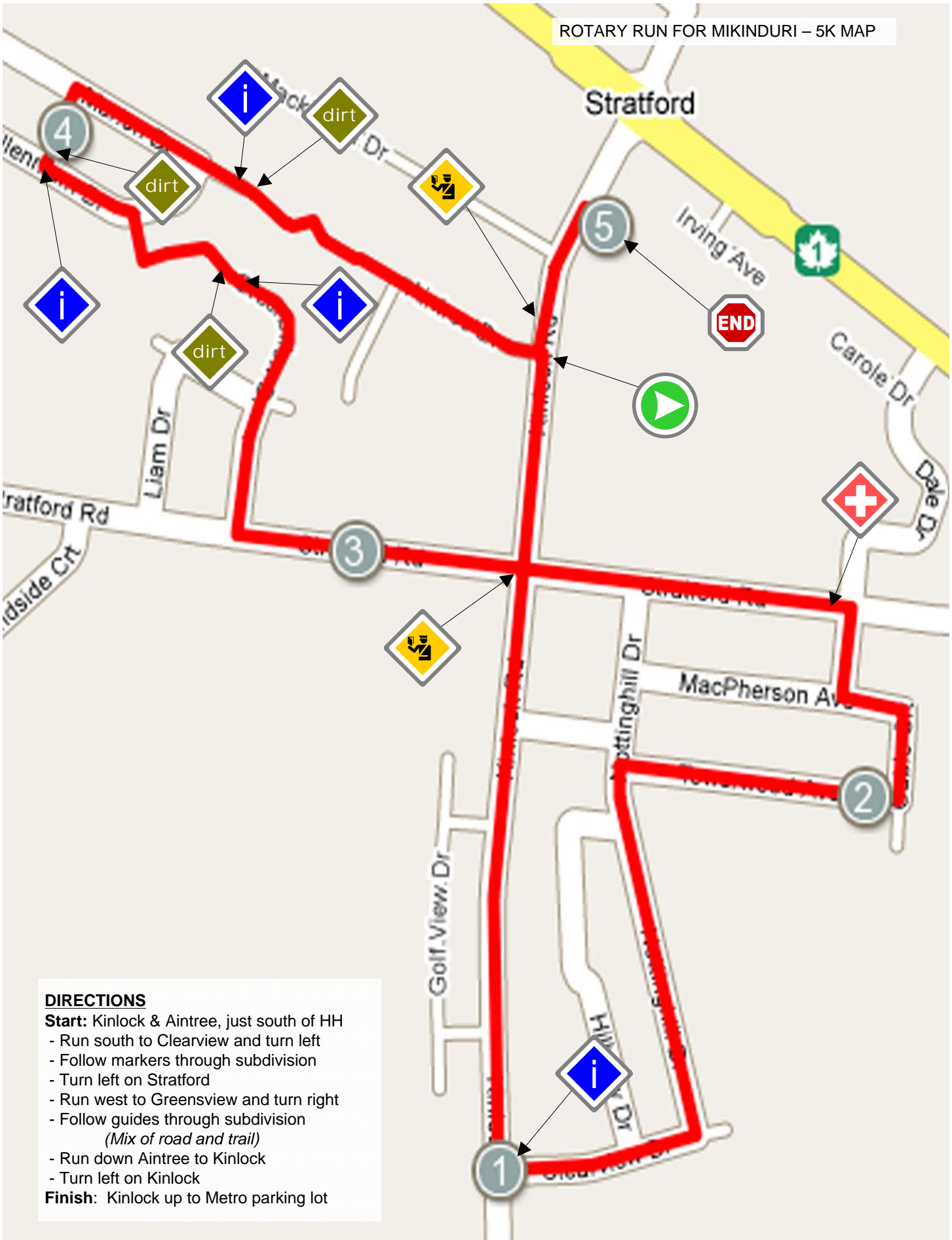
### Materials:

- *Communication:* Lanyard; cell phone whose number is noted on lanyard
- *Setup:* 2 long tables
- *Race Food:* 50 bananas; 2 large bags pretzels; 8 gallons water; 2 Kg Gatorade powder
- *Containers:* Large mixing jug; 200 small Dixie Cups; 3 tupperware serving
- *Trash:* 2 garbage cans; 10 garbage bags
- *Map:* Map of best route back to race site

**THANK YOU!!**

<http://running.stratfordrotary.com>  
Rotary Club of Stratford





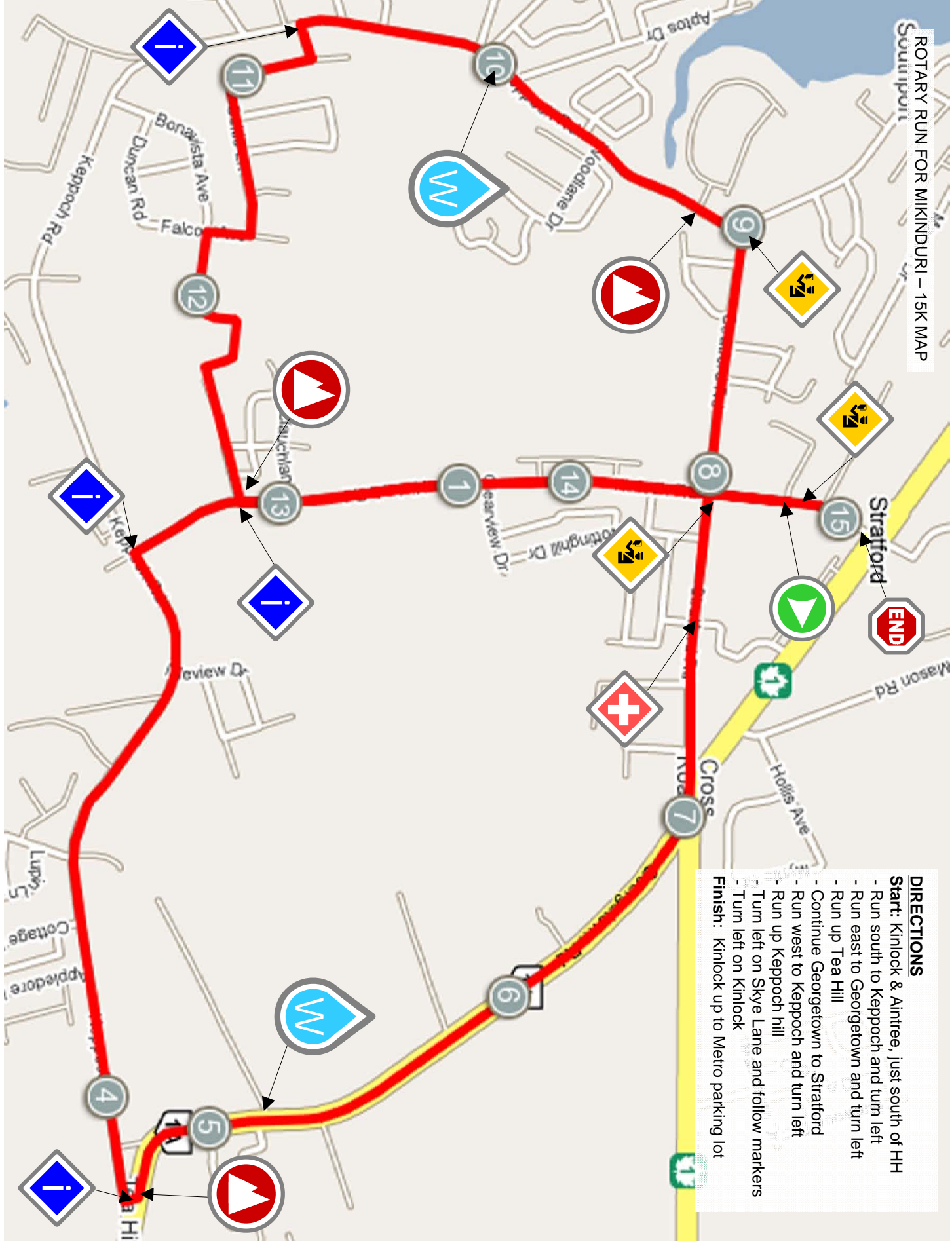
**DIRECTIONS**

**Start:** Kinlock & Aintree, just south of HH

- Run south to Clearview and turn left
- Follow markers through subdivision
- Turn left on Stratford
- Run west to Greensview and turn right
- Follow guides through subdivision  
(Mix of road and trail)
- Run down Aintree to Kinlock
- Turn left on Kinlock

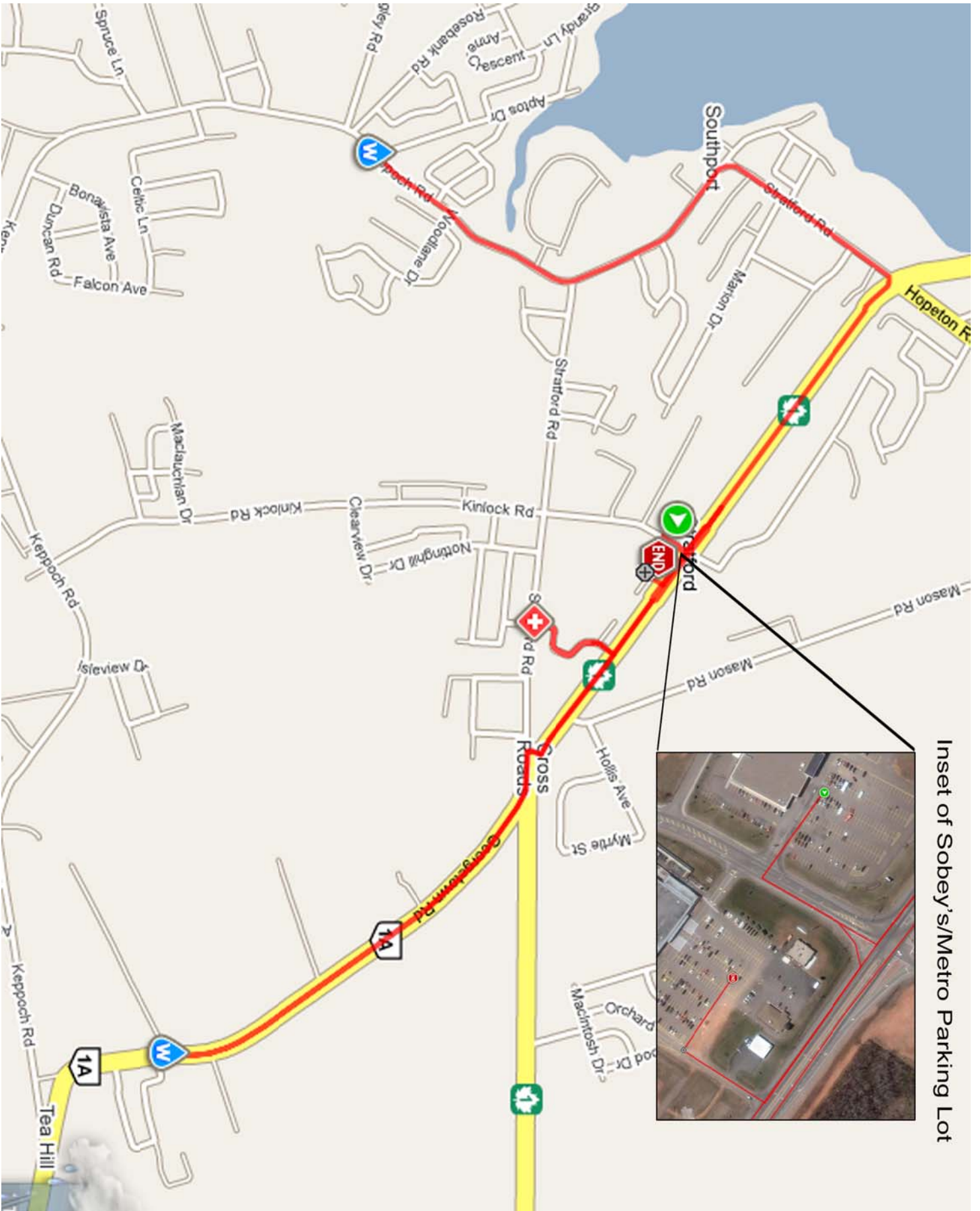
**Finish:** Kinlock up to Metro parking lot

**ROTARY RUN FOR MIKINDURI - 15K MAP**



**DIRECTIONS**

- Start:** Kinlock & Aintree, just south of HH
- Run south to Keppoch and turn left
  - Run east to Georgetown and turn left
  - Run up Tea Hill
  - Continue Georgetown to Stratford
  - Run west to Keppoch and turn left
  - Run up Keppoch hill
  - Turn left on Skye Lane and follow markers
  - Turn left on Kinlock
- Finish:** Kinlock up to Metro parking lot



Inset of Sobeys's/Metro Parking Lot