

# Rotary Run for Mikinduri



Rotary Run  
for Mikinduri

## Water Station 2 Team

### Members:

- Bruce Moore: *Captain*
- Adult leaders: *Runner Support*
- Scouts: *Runner Support*

### Responsibilities:

- Pick up materials and truck to location
- Setup water station at location
- Support runners with small cups of water and gatorade
- *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
- 9:40 AM: Expect first runner
- ~10:45 AM: Expect last runner, with verification from Sweep
- ~10:50 AM: Clean up location
- ~11:00 AM: Truck materials back to race site @ Metro, using safe route

### Materials:

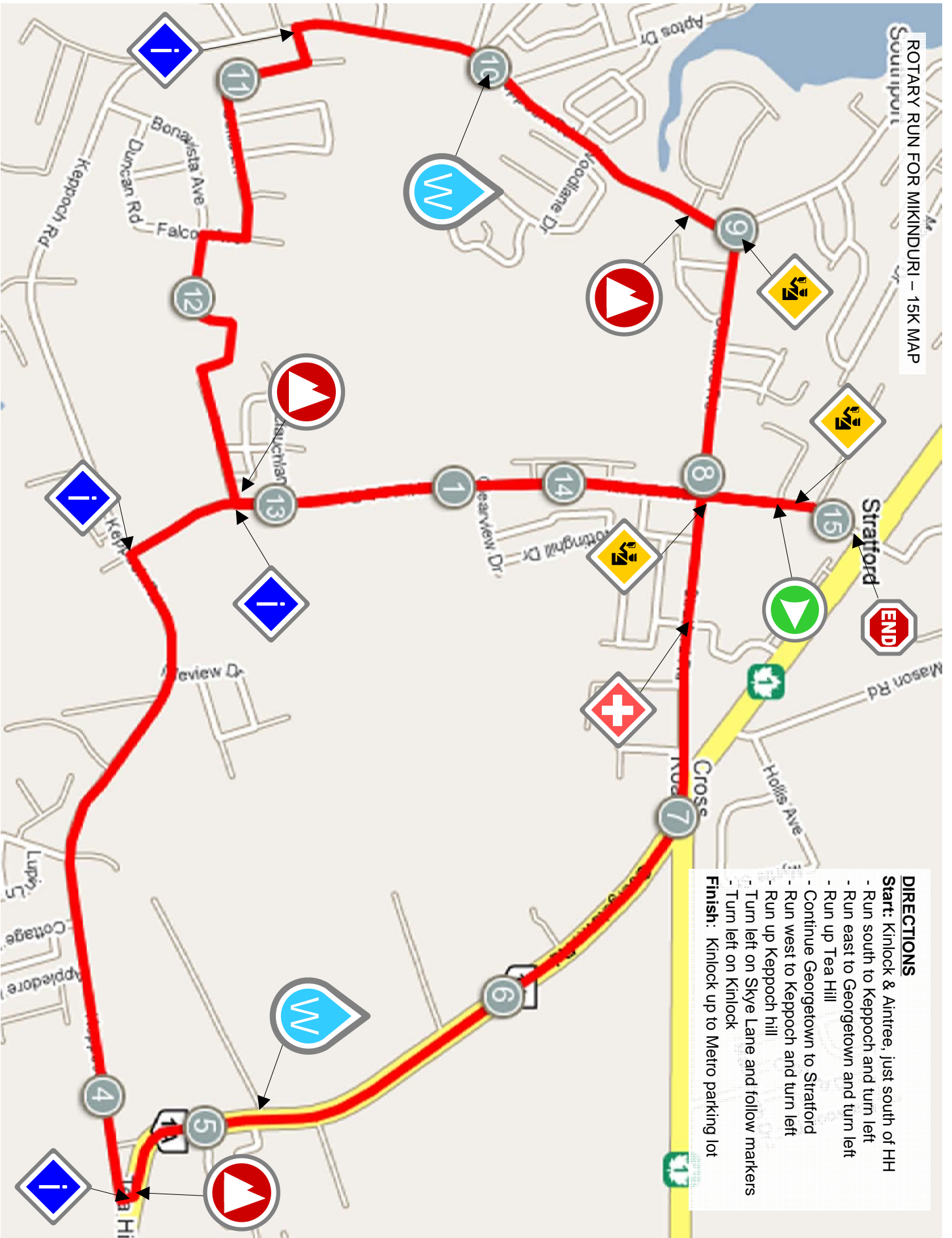
- *Communication:* Lanyard; cell phone whose number is noted on lanyard
- *Setup:* 1 long table
- *Hydration:* 4 gallons water; 1 Kg Gatorade powder
- *Containers:* Large mixing jug; 100 small Dixie Cups
- *Trash:* 2 garbage cans; 10 garbage bags
- *Map:* Map of best route back to race site

**THANK YOU!!**

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

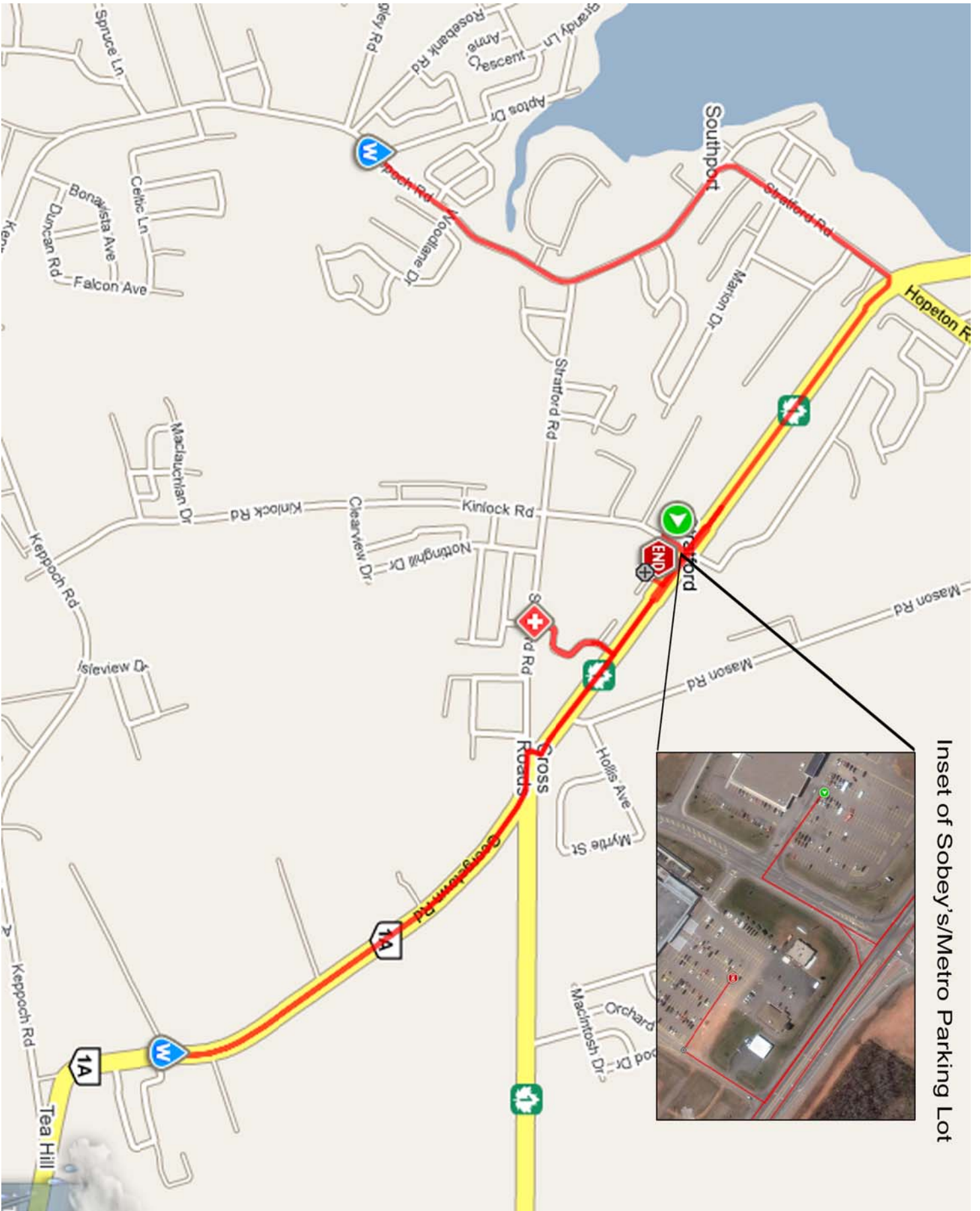


**ROTARY RUN FOR MIKINDURI - 15K MAP**



**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