



# Gatorade Aid Station

Guidelines for Team Captains and Race Day Volunteers



Running Events

## Mixing Instructions

In a 7-gallon cooler, mix:

- 5 gallons of water
- 1 gallon of Gatorade Liquid Concentrate
- **Note:** Be sure to use the right amounts of Gatorade concentrate and water. Gatorade that is mixed too strong can cause stomach distress; diluting Gatorade will decrease the carbohydrate and electrolyte count, while supplying no additional benefit to the athletes.

For easiest mixing, pour part of the water into the cooler before adding concentrate. Gallon “fill-to” marks are inside the cooler. Use one gallon of Gatorade concentrate and fill to the 6-gallon mark.

Use mixing wand to mix the Gatorade Concentrate and water until thoroughly blended.

If you need to cool the Gatorade, put ice in large, clean plastic freezer bags. Put one or two in each cooler of Gatorade. Do not add ice directly to the Gatorade – that will dilute it.

Everyone who comes into direct contact with the Gatorade must wear plastic gloves.

Keep everything as sanitary as possible – after mixing the Gatorade, put the lid on the cooler until you are ready to serve it, and put the mixing wands somewhere they will stay clean.

## Aid Station Set-Up

Put coolers next to – not on – tables. You will need to leave the tables clear to stack cups.

Hang a Gatorade table banner on every table from which Gatorade will be served. Use the double-sided tape to attach the top of it to the front side of the table, so that it looks like a tablecloth.

Scoop the mixed Gatorade out of the coolers with a pitcher, then pour it into the cups.

Fill the cups only half-full. Most runners will not drink more than this at an aid station.

Use layering sheets to stack cups. Maintain one full layer of cups on the table throughout the race.

## **Supplied by Gatorade:**

**Gatorade Liquid Concentrate**

**7-gallon Coolers**

**Cups**

**Table Banners**

**Mixing Wands**

## **Supplied by Race:**

**Tables**

**Layering Sheets**

**Pouring Pitchers**

**Plastic Gloves**

**Ice (If Needed)**

**Plastic Freezer Bags  
(If Needed)**

*When the aid station shuts down, properly dispose of any unused open bottles and gather all of the remaining unopened Gatorade and other supplies in one area to be picked up by race officials. These materials will be used for future events.*