

LRR Run Sponsor Duties

Last updated August 2016

1. Leave water, cups, and a small trash bag at the spots indicated on the run map and at the end of the run. Gatorade (or an equivalent) is optional, but highly recommended. During the summer please put out **at least two gallons of water** and at least 30 cups. If your route is an out-and-back, you'll need to **double that amount** at the water stops that will be visited twice. The supplies may not all get used, but it's better to have too much than not enough, particularly when the weather is hot and humid. If you are unsure of the water stop locations, clarify beforehand. Also, please clearly label your containers with the club name and date to keep people from thinking that they need to pick up litter.
2. As people arrive for the run, greet any newcomers, find out something about them, and review the map. You might also have a few copies of the course map available to share, particularly for more complicated routes.
3. We wait up ten minutes past the hour to accommodate slow arrivals, but it is your responsibility to start the run when you think it's time to leave.
4. Keep an eye on anyone lagging behind. If they are regular members and are confident they know the route, you don't have to hang back if you run a faster pace, but don't let newcomers be left in the rear. That's just not friendly. As run sponsor for the day, you may have to modify your run to assure that everyone gets back to the beginning – or make sure folks in the back have company.
5. **Don't forget to pick up the remaining water, cups, etc. after the run.**
6. If something comes up and you know you won't be able to sponsor a run on your assigned date, **please make alternate arrangements** as soon as possible. Other runners are counting on you to keep them hydrated!

Thank you for volunteering to make sure everyone has a safe and enjoyable run!