



2025 Volunteer Guide

Thank you for volunteering at the 2025 Two Cities Marathon! Your support helps make this event safe, smooth, and unforgettable for every runner.

■ Arrival & Set Up

- Unpack the tote or box and neatly organize supplies for quick access.
- All gloves provided are food-safe and latex-free.
- Assemble trash bins (cardboard boxes) and line them with trash bags for easy cleanup.
- Position assembled trash bins 20 feet past the water station on the same side of the course as the tables.
- Prepare the electrolyte drink by mixing **8 tablets per gallon of water**. Let it sit for 5 minutes before pouring into cups.
- Set up tables with:
 - First tables: ½ full cups of GU Electrolyte mix
 - Last tables: ½ full cups of water only.

■ During the Race

- Volunteer Roles: Distribute hydration, restock tables, and rake cups to keep the course clear.
- Offer GU Electrolyte mix first, then water.
- When handing cups to runners, hold the cup on your palm for easy grab-and-go. Avoid stepping onto the racecourse.
- Keep plenty of prepared gallons of GU Electrolyte mix on hand.
- Maintain a clean and organized station using the rake provided.
- Fueling Aid Stations: Mile 4 & Mile 11.
- Energy Gel Distribution: Stations 6 & 11 will also have **GU Energy Gels**. These small packets can be handed off in any way that's easiest and safest for volunteers and runners.

■ Post-Race Breakdown

- Disassemble trash bins and place them neatly by the tables.
- Collect, bag, and place all trash underneath the tables.
- Return all supplies to their original totes or boxes and leave them by the tables for pickup.

■ Best Practices & FAQs

- Each station includes a small medical kit (bandages, vaseline, etc.) for minor needs.
- For medical assistance, call the Command Center number on your volunteer badge.
- For a medical emergency, call **911** immediately and have someone else notify the Command Center.
- Call or text the Command Center with any questions or comments.
- Always maintain a positive and encouraging attitude—your energy matters!
- Stay alert and prioritize runner safety at all times.