

Race	KM	Stn. #	Location	#of runners		Water	Sleeves	G cases	Sleeves	Fruit	Gels	Toilets	Corp.Relay	Timing	#
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UPDATED:

Draft October 3, 2022

2022 PEI Marathon

Race	KM	Stn. #	Location	#of runners	Setup	Packing		Packing		FOOD		Toilets	Corp.Relay	Timing	#
						WATER	GATORADE	Driver	Driver	Driver	Setup				
						Driver	Driver	Driver	Driver	Driver					
						Water jug count	Sleeves white cups (100 ea)	G cases	blue Cups Sleeves (100 Ea)	Fruit	Gels				
Full x 2 Half, 16	Half Start	1	Half Start - Grafton @ Queen	700	2	3	5	0	5	Y	Y	YES- 10		7:45-X:xx	
Fullx2, Half, 16	2.4/23.5 (2.5)	2	QED @ Viceroy	700	2	6	7	2	5					7:00-X:xx	
Fullx2, Half, 16	5.5/26.6 (5.6)	3	Dow's Mall - 85 Belv	700	2	6	7	4	5			YES - 3	1-2; 5-6	7:00-X:xx	
Fullx2, Half, 16	8.2/29.3 (8.3)	4	Trail - Mt Ed. Rd inter	700	2	7	7	4	5			YES - 3		7:30-X:xx	
Fullx2, Half, 16	9.6/30.7 (9.7)	5	Trail - Sherwood Rd	700	2	7	7	4	6				2-3; 6-7	7:30-X:xx	
Fullx2, Half, 16	13.0/34.1 (13)	6	Dalziel's Autobody	700	2	7	7	4	7			YES - 3		7:30-X:xx	
Fullx2, Half, 16	14.4/35.5 ()	7	Sherwood Rd (Bull Dog)	700	4	7	7	4	7	Y		YES - 3		8:00-X:xx	
Fullx2, Half, 16	16.0/37.1 ()	8	John Yeo Dr	700	2	7	7	4	7			YES- 2	3-4; 7-8	8:00-X:xx	
Fullx2, Half, 16	19.4/40.5 ()	9	RCMP University Ave	700	2	8	7	5	7					8:00-X:xx	
Full, Half, 16	Finish Line	10	Finish - The Mack	900	0	9	15	4	4	Y		YES-10		8:00-3:00	

20 67 76 35 58

#1 - 1 bag, 3 boxes bananas & Oranges

#7 - 1 bag, 1 box in bag, 2 boxes bananas, oranges and chocolate

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Tables Water G'ade

Corp. change over signs .5KM before change over at nutrition table

Leg change over sign at nutrition table

PACKING

Each stop should have : HAND GEL, GARBAGE BAGS, GLOVES, INSTRUCTIONS, JUG, CUPS

#8 and #12- Fruit stops need: PLATTER