

Raven Rock Ramble 2011

Sag Stop Instructions

Mixing Gatorade

Gatorade will not be mixed beforehand- you will need to mix this promptly after you arrive at the sag stop location. Use locally available water (save the Le Bleu water for the water cooler). You'll have two round coolers for Gatorade. As one empties, mix new Gatorade in the other.

To mix the Gatorade, do the following:

1. Fill the round cooler with water until it's about ½ full. Use local water.
2. Put **20** scoops of Gatorade in the container (the scoop is in the can)
3. Mix thoroughly with the large spoon
4. Add ½ bag of ice
5. Add the remaining water until the cooler is full and mix again.

Preparing water

You'll have three round coolers - two are for Gatorade and the other is for water. To prepare the water cooler, do the following:

1. Tear the blue seal off the 5-gallon water bottle
2. Pour the water into the round cooler until it's about ½ full
3. Add ½ bag of ice
4. Add the remaining water until the cooler is full

Manning the sag stop

1. Keep food available (but dry if you can)
2. Prepare peanut butter and jelly sandwiches in advance - cut in halves or fourths
3. Offer to fill water bottles
4. Mention what is in ice chests (sodas, water)
5. Mention how far to the next sag stop (on cue sheet)

When finished

Jon Turner is sweeping the route. He will arrive and tell you that all riders are through and it is time to leave. When you're ready to return,

1. Dump all open containers of water and Gatorade (that is, return containers empty)
2. Clean up site so that it is at least as clean as you found it
3. Call my cell phone at **919-924-3039** to let me know you're on your way back.

Other things to know

The driver of the support van (Terry Ryan) may be reached at **919-971-7345**.

The sweep (Jon Turner) may be reached at **919-260-9708**.

Please keep track of what sag supplies you actually used in the 'Actual' column of the sag supplies page.