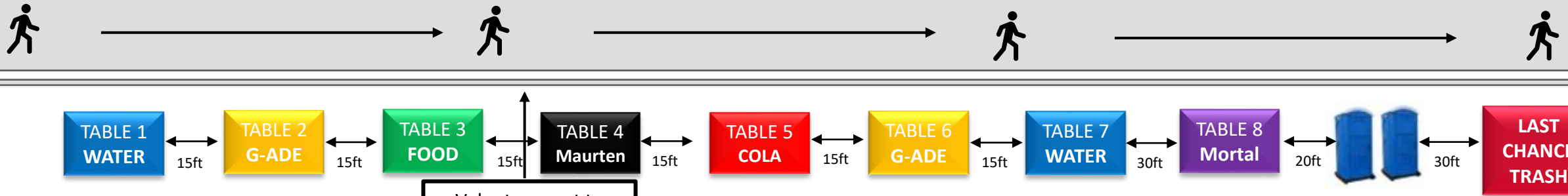


A silhouette of a triathlete in a racing position, wearing a helmet and a backpack, is shown on the left side of the image. The background is a dark, textured surface with a white rectangular border.

# IRONMAN N.A. HYDRATION MIXING- RUN

FOR INTERNAL USE ONLY

# RUN- SINGLE SIDED LAYOUT- GATORADE + MORTAL



## Table Order –

1. WATER IS FIRST
2. Gatorade IS SECOND
3. FOOD IS THIRD (Chips, Pretzels, Fruit, Bananas Cut in Half, Oranges cut in Quarters)
4. MAURTEN BARS AND GELS are FOURTH. ( One table for both bars and gels)
5. COLA IS FIFTH (De-fizz by opening and cool in pool)
6. Gatorade IS SIXTH
7. WATER IS SEVENTH
8. MORTAL IS EIGHTH

## Notes:

1. Please pick up trash all day as it will pile up.
2. Do not take all product out of the truck at first, start with about 50% and replenish.
3. We have tape with labels on the ground marking the table locations for you.
4. Trash cans spread out. Last Chance trash 25' from last table.
5. You are responsible for 1/2 mile from your aid station. Please walk these areas to keep up with trash.
6. Break down boxes and squish jugs, no liquid in trash bags and please tie them. Place tied bags upside down to drain liquid.
7. Please do not put ice in cups, it is only for cooling the pools.
8. All cups are for a gulp size (4oz) amount, regardless of the cup size.
9. \*\*Please return all unused powder mix, and Maurten Bars and Gels.



IRONMAN NA AID STATION

# RUN- PRODUCT AND ITEMS- GATORADE + MORTAL



FOR INTERNAL USE ONLY

# RUN- MORTAL HYDRATION MIXING INSTRUCTIONS

1. In 7-gallon cooler, add 5 gallons of water
2. Cut open and add 1 large white packet of Mortal Hydration to cooler
3. Stir with mixing stick provided until water and Mortal Hydration are thoroughly blended
4. Fill the empty water gallon jugs with the mixed Mortal Hydration, place into kiddie pools
5. Pour into cups (only fill cups halfway or 3 to 4oz)





# RUN- **GATORADE** MIXING INSTRUCTIONS

1. In 7-gallon cooler, add 6 gallons of water
2. Cut open and add 1 large packet of Gatorade powder to cooler
3. Stir with mixing stick provided until water and Gatorade are thoroughly blended
4. Fill the empty water gallon jugs with the mixed Gatorade, place into kiddie pools
5. Pour into cups (only fill cups halfway or 3 to 4oz)

