

Cross Country Snack/Drink Schedule, 2011

A snack and drink schedule for each meet of the season is attached. Each runner was assigned at least once (a few had to be scheduled twice) so please check it carefully. If you cannot provide snacks or drinks for your scheduled day, **please make your own trade.**

Currently there are 80+ runners on the roster. Apparently last year we ran out of snacks and drinks before those running the later races could get something. We tried to divide the people bringing snacks/drinks so that some would be brought before earlier races and some before later races.

Beverages: Please bring around 3 dozen drinks such as juice, gatorade, propel, water, etc. (no pop). This year we will try to have a recycle bin near the tent so plastic containers can easily be recycled. Please encourage your runner to bring his or her own non-disposable water bottle. We are also looking in to having a large container of cold water in the tent.

Fruit: Please bring 3-4 dozen servings of fruit.

Snacks: Please bring 3-4 dozen servings of snacks such as pretzels, bagels, Chex mix, granola bars, etc.

If you have any questions, please contact Teri (Micah) Warners or Susan (Joel) Norman.