



Hello members,

A few helpful hints to running a successful water stop...

Please send your requests to [titleixgirls@gmail.org](mailto:titleixgirls@gmail.org), only. Not to Stacy via FB, via smoke signals, phone or secondary email.

Requests will be honored on a first come first serve basis and the schedule will be updated twice a week with the last update by 5pm on Friday to ensure everyone is confirmed and informed. Our webmaster needs about 24 hours to post an update, so please check the website and forum for updates throughout the week.

If you have a scheduling conflict and need to change your day or cancel your day, please post to the forum for help or speak to a family member to cover your stop.

Everyone should coordinate a set up time, supply inventory and share the expense with the one or two other people at your stop. If you don't know who they are, just ask me to forward their contact information for you.

Three people per stop is the gold standard, we can get away with two, but one person per stop is just not ok. It's been a beautiful, mild winter and we get that everyone is in training mode or just busy but please, make a contribution by getting out and taking care of a stop. Even if you are not training for Boston, the club is there for you all year round.

Available resources: check the cue sheets, forum, facebook, water stop list and twitter for updates.

Thank you.