

FEED ZONE

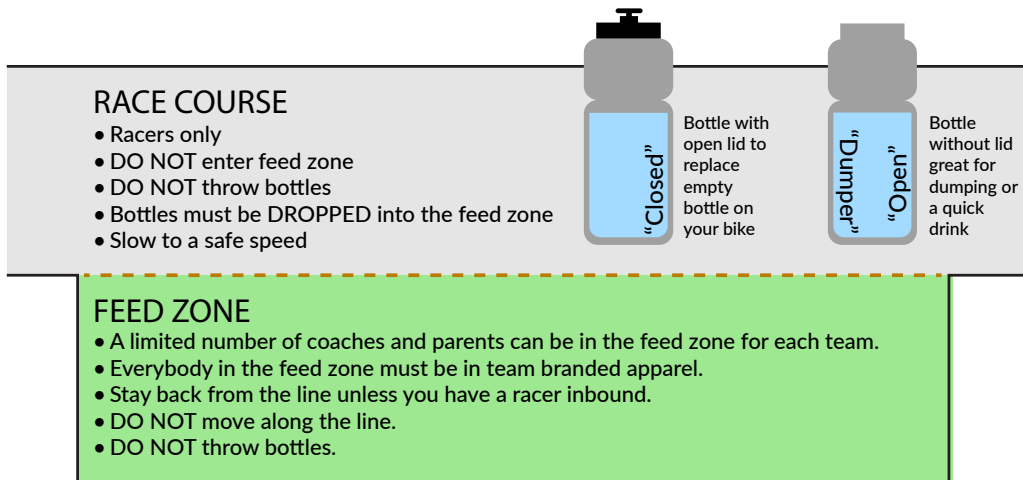


High School racers all do multiple laps. Freshmen and JV will do 2 laps and Varsity does 3 laps. Somewhere near the finish or on an alternate multi-lap route will be a "Feed Zone", usually designated by green fencing in a boxed out wider area on the course near the start/finish lines.

When racers come through the area, coaches will walk out near the course and hand the racer a food or drink item, usually a water bottle. This is referred to as a hand-up. Racers may also DROP (not throw) empty bottles within this area.

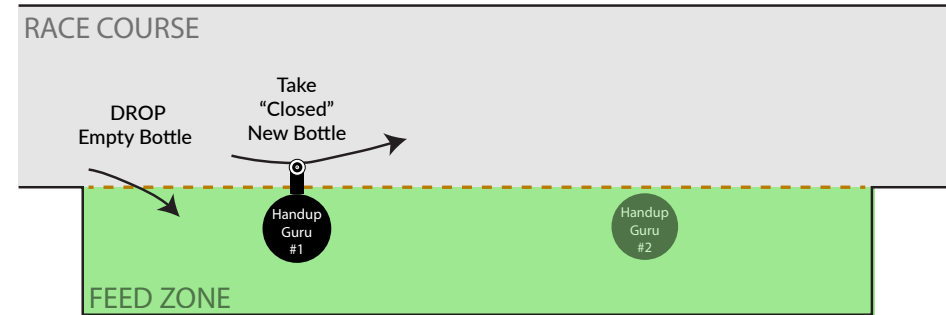
There is a team water bottle designated for each racer on the team for each additional lap they will be completing. If racers want something else handed to them, they will need to give the item and communicate that to the team hand-up volunteers (AKA hand-up gurus).

- We'll have an "Open" and "Closed" bottle available unless you request something else
- Most people just take water for their hand-up
- Any custom requests should be very clearly labeled and labels should be visible from the top.
- Hand off any custom items to a hand-up guru well before staging for your race.
- Make sure the bottle on your bike is clearly labeled so it can be returned
- Dropped bottles will be left on a table at Pitzone
- If you want electrolytes in one bottle, having it in your original bottle on your bike makes for a smoother hand-up



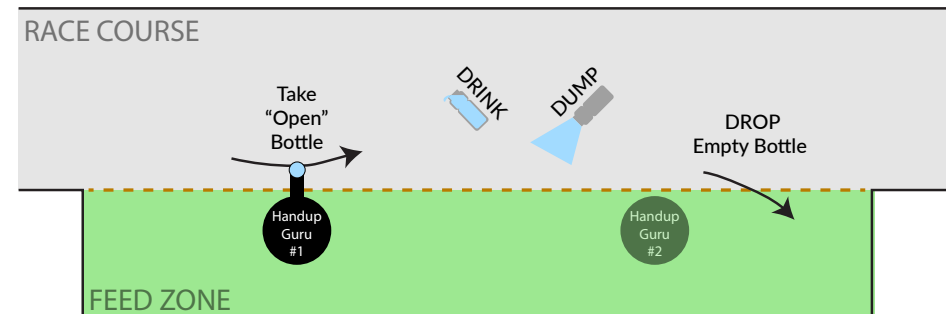
Closed

If you need more water on your bike, Take a bottle with a lid to replace your bike's water bottle.



Dumper

If you have water on your bike and need to cool off, Take a bottle without a lid to get a quick drink and/or dump on yourself.



Dumper + Closed

If you need water and need to cool off, Dump a bottle on you and grab a replacement.

