



April, 2008

Durham Striders Parents Track Meet Needs

Hardware

1. Large cooler (one with wheel is preferable as they are easier to transport.)
2. Aluminum lounge chairs.
3. Tent or gazebo shelter.
4. Beach umbrella (if you opt not to get a tent)
5. Bungy cords for tying down tents

II. Food Items:

1. Plenty of bottled water (at least 64 oz. per person to start with, more as heat increases.)
2. Non carbonated sports beverages
 - Gatorade
 - Power-Ade
3. Fresh fruits & veggies to snack on such as:
 - Oranges
 - Bananas
 - Grapes
 - Cherries
 - Peaches
 - Watermelon (any melon)
 - Strawberries
 - Carrots
 - Cumpers
 - Carrots
 - Broccoli
 - Cauliflower
4. Fresh or Dried Fruit & Grain bars (eg: Nutrigrain Bars – store brands are fine)
5. Nuts and/or trail mixes
6. Pasta salads (*avoid using mayo.*)
7. Sandwiches.
 - *No mayo*
 - *No cheese*
 - Use lean meats
 - **NO FRIED MEATS! (THIS INCLUDES FRIED CHICKEN & FISH!)**
8. Peanut Butter and Jelly sandwiches on wheat bread. (Are excellent!)
9. Ice & dry ice (to keep ice frozen to keep food and water cold for extended periods in the heat.)
10. **NO COOKIES, HO-HOS, KRISPY KREMES, FRIED CHICKEN/FISH , KOOK-AID, SODAS, CANDY.**

III. Other supplies that are good to have:

1. Sunscreen SPF 30 or greater, Bug/mosquito spray.
2. Baby wipes
3. White towel (keep cool and wet to help cool athletes down when over heated/after race.)
4. At least one roll of toilet paper(just in case)
5. Books, Games & cards (for both parents & kids)
6. Patience & support and a sense of humor!!!
7. LOVE, LAUGHTER and PRIDE in being a Durham Strider parent!!!!
8. Good sportsmanship!!!!

REMINDER: 1) Please make sure that your tents are close to the Strider main tent so that we know where the kids are throughout the meet. 2) DO not take your child home with you until you let Coach Doc or one of the other coaches know that your child is with you. 3) Please help us keep the kids OUT OF THE SUN AND QUIET BETWEEN THEIR EVENTS.