



# 2012 ELITE ATHLETE - SPECIAL FLUIDS FORM

You may utilize the water bottles provided by the Houston Marathon Committee or you may bring your own water bottles. Each athlete has the opportunity to use these bottles at 9 fluid stops along the Olympic Trials Course. Please follow the instructions below to reserve your special fluid locations. **This form must be completed and returned by WEDNESDAY, DECEMBER 21, 2011.**

**Please Fill in the Information below**

<b>LAST NAME:</b>		<b>FIRST NAME:</b>	
<b>CITY:</b>		<b>STATE:</b>	
<b>COUNTRY:</b> <b>USA</b>		<b>RACE EVENT:</b> <b>U.S. Olympic Team Trials - Marathon</b>	
<b>GENDER:</b> Male      Female	<b>SEED #:</b>	<b>DATE FORM SUBMITTED:</b>	

The fluid bottles provided by the Houston Marathon Committee are 250 ml (8.45 oz. = approximately 1 Cup) with a straw that may be clipped. See sample image to the right.



If you choose to bring your own bottles, they must fit in a 2.5 in. x 2.5 in. space. **Please note:** If you attach a gel packet it will make the bottle size larger.

Check the mile locations you would like your bottles placed and if you will bring your own bottles or will use the bottles provided by the Houston Marathon Committee:

- |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|
| Mile 3.2  | Mile 6.0  | Mile 8.6  | Mile 11.2 | Mile 14.0 |
| Mile 16.6 | Mile 19.2 | Mile 22.0 | Mile 24.6 |           |

I will bring my own bottles

I will utilize the bottles provided

**Fluid drop-off location:** Hilton - Americas - Houston, 4th Floor, Grand Ballroom L  
**Fluid drop-off date:** Friday, January 13, 2012  
**Fluid drop-off hours:** 9:00 AM - 1:30 PM; 3:00 PM - 6:00 PM

If you are using the bottles provided, they will be distributed to you when you check-in. Race Officials will transport the bottles to the course fluid stations for race day. Refrigeration is not provided.

**Please indicate the exact contents of your special fluids (optional):**

**Date:** \_\_\_\_\_ **Signature:** \_\_\_\_\_