

ERC SMLR Preparation Drop-off Instructions – Summer 2023

By Thursday, locate the coolers at the home of Chris Deeney (847-312-2954) or Ravi Jhaveri (919-308-0079). Chris lives at 415 Ashland Street, Ravi lives at 1301 Judson Ave.

Two coolers are needed for Michigan Shores, one cooler is needed for other stations. Validate that you are picking up four coolers and have enough cups for each cooling station 100 for Michigan Shore, 80 cups for Green Bay trail station number 1, 50 cups for Green Bay Trail Station Number 2.

3 Stations – Require 4 coolers

2 Stations – Require 3 coolers

Purchase approximately 40 pounds of ice.

If you have not received it already, Prepare a GPS friendly description of the location of your coolers. A spreadsheet of these locations can be found at the following address:

The closest water station (usually Michigan Shores) may have both Water and Gatorade. Put the Gatorade in the cooler labeled Gatorade.

Tie a kitchen garbage bag around a cooler handle at each drink station for used cups. (see Appendix 1 for picture)

When preparing the coolers, do not use hose water. Please use water from inside of your home's drinking faucet.

Place the coolers on top of the buckets on a flat surface. Any material that needs to be returned to Chris or Ravi such as extra cups or these instructions should go inside the buckets under the coolers.

If you are including Gatorade, prior experience has suggested that mixing the Gatorade onsite is less messy than mixing it in your kitchen and spilling fluids in your car.

Please send feedback to Chris, Ravi, or Lyle to improve this process in the future.

ERC SMLR Pickup Instructions – Summer 2023

At each drinking station, pickup any empty cups and put them in the trash bags. Pour out any leftover Gatorade and water. If possible, rinse out the Gatorade cooler with any leftover water in a water cooler.

Return all coolers, buckets and any other material to either Chris Deeney or Ravi Jutson

Appendix 1 – Example Water Station Setup



1. Waste bag tied to cooler handle.
2. Cooler on top of garbage pail
3. Located on a flat surface – off the main trail or sidewalk.

Appendix 2 – Example Water Station Setup – Michigan Shores



1. Place coolers on flat metal surface opposite Michigan Shores club.
2. If cups are visible in the smoke stack of the cooler, there is adequate “cup” coverage.

Appendix 3 – GPS Friendly Descriptions of Cooling Stations for SMLR Routes

Green Bay Trail:

Michigan Shores
911 Michigan Road, Wilmette
<https://goo.gl/maps/cnTdtxTtx7wkZjLv7>
42.080321° N, 87.690556° W

Green Bay Trail - Ash and Maple
391 Wilson Street, Winnetka
<https://goo.gl/maps/xnPAfEs87oAB3vdY6>
42.10187° N, 87.72915° W

Green Bay Trail Extended to Maple Hill Road

Michigan Shores
911 Michigan Road, Wilmette
<https://goo.gl/maps/cnTdtxTtx7wkZjLv7>
42.080321° N, 87.690556° W

Green Bay Trail - Ash and Maple
391 Wilson Street, Winnetka
<https://goo.gl/maps/xnPAfEs87oAB3vdY6>
42.10187° N, 87.72915° W

Green Bay Trail - Maple Hill Road Glencoe
310 Maple Hill Road, Glencoe
<https://goo.gl/maps/7uxVvuGk3AthMgPp9>
42.141589° N, 87.76256° W

(TODO) – add all the trail locations from the spreadsheet so they can be easily copied in the future.