

Vendors named below are not required. We have purchased from them successfully.

Bagels – always get fresh, never day-olds. Sliced in half. Maidenhead will do sliced in half, with halves attached.

Maidenhead Bagels, Route 206 (Main Street), Lawrenceville. 609-219-9292

We have also bought from Bagel Barn, Route 206 at Route 518. 609-497-9555 – a bit more expensive and their slicing charge is also high.

Cream cheese. The half pound tubs of Philadelphia brand regular cream cheese available from ordinary groceries work well. The five pound block may seem like a good deal at checkout, but proves inconvenient at the event.

~~[[Donuts, cider. Terhune's opens at 9 AM—so arrange pick up Friday afternoon. Donuts will keep overnight. Don't crush 'em. Cider can be got before event day: the day before is fine. Terhune Orchards, Cold Soil Road. 609-924-2310. Donuts—N/12.5 dozens Cider—N/30 gallons]]~~

HOW MUCH? The experience in December 2013 with 108 runners and about 15 volunteers, total around 125 people, was that 9 dozen donuts, 5 baker's dozen bagels (order error – that's what we got), 3.5 pounds cream cheese, and 4 gallons of cider, was that the quantity was about right. ~~[[Bagels—N/25 baker's dozens. “Everything” bagels are recently popular. Cream cheese—N/33 pounds]]~~

Substitute OJ for Cider, cut donuts and increase bagels and cream cheese.

Figure N, the number of participants. That's runners plus volunteers.

Bagels – N/12.5 baker's dozens. Cream cheese – N/16.5 pounds. OJ – N/30 gallons.

Observe how much is left over or not. Quantities can be revised for next time.

N = runners + volunteers	OJ (gallons)	Donuts (dozens)	Bagels (dozens)	Cream Cheese (lbs)	Drinks. Water only is fine. Do not bother with sport recovery drinks – this is only 6K.
50	2	N/A	4	3	If getting OJ, N / 30 gallons. We have never done hot drinks. If wanted, get a camp stove and some stock pots and probably another volunteer just to prepare and supervise. If desired, a box or two of Joe for the volunteers, along with cups and condiments, could be purchased (about 1 cup of coffee per person). This is not meant for the runners in general.
75	3		6	4.5	
100	4		8	6	
125	4		10	7.5	
150	5		12	9	
175	6		14	10.5	