

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

**Bagels** – always get fresh, never day-olds. Sliced in half. Maidenhead (now closed) did sliced in half, with halves attached.

Udo's Bagels, 160 L'ville-Pennington Road, Ste 18, Lawrenceville. 609-896-1616

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.

**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.

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

Donuts – N / **12.5** dozens

Cider – N / **30** gallons

Bagels – N / **25** baker's dozens. “Egg everything” bagels are popular.

Cream cheese – N / **33** pounds.

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

N = runners + volunteers	Cider (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	4	2	1.5	If getting cider, N / <b>30</b> gallons.
75	3	6	3	2.5	
100	4	8	4	3	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.
125	4	10	5	4	
150	5	12	6	4.5	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.
175	6	14	7	5.5	