

# Join the Mankato Marathon Bike Responders Team!



## **We need riders!**

### **Contact:**

Tarena Wilkens 507.469.4821  
T2wilkens@gmail.com

for the Mankato Marathon bike responders team! The bike responders team supports marathon runners by riding on bikes with basic first aid and medical care, providing bandaids, wraps, gels, nutrition, blister creams and more to the runners. Basic medical training and CPR preferred, BUT we do provide free CPR and medical training if needed.

## **Biking skills needed!**

Bike responder team members often put on more than 30 miles on race day. Riders will circulate between aid stations, watching for runners in distress and offering aid as needed. Course assignments will be based on your riding strengths.

