

## 2013 Rhody Run

1. The race will take place Sunday, May 19<sup>th</sup>, at 11:00 a.m.
2. We will meet at 9:00 a.m. in the Elks Club Parking Lot at 555 Otto Street to sign in, check radios, pass out vests, and make last minute revisions to the plans. There will be a pancake breakfast at the Elks Club which you are invited to attend prior to meeting in the parking lot.
3. We must be at all mile posts no later than 10:30 a.m. The mile post number is painted on the street – along with a line. A map will accompany this communication with the mile posts marked on it.
4. The first order of business when you arrive at the mile post will be to locate the two timers and check in with them. They should also be in place by 10:30. Report to Race Central when you arrive and when the timers arrive. (We are frequently in place before the timers)
5. Race Central will broadcast the count down to the start of the race. Timers must be near your radio to hear the count down and start of the race so they can start their stopwatches.
6. We are to track the first ten runners by number and report their passing each mile post. The order and correctness of the reported numbers are what is important. We also need to track the first three female racers and their estimated position. If possible we want to track, by number, the first baby buggy and first wheel chair. **It is advisable to write down the numbers and then report them to Race Central rather than trying to report them in real time as each runner passes.** It helps to write down what the previous mile posts have reported because that can help you resolve questions about numbers.
7. Keep transmissions short because, especially toward the higher mile posts, more than one reporting point may have information to report.
8. **IF YOU HAVE A MEDICAL EMERGENCY, YOUR FIRST CHOICE SHOULD BE YOUR CELL PHONE AND CALL 911.** THEN ADVISE RACE CENTRAL OF THE SITUATION. We have an alternate method through W1HKS, Henry, who will also have a public safety radio.
9. If there is a repeater failure, switch to the back-up frequency of 145.15 MHz with PL 114.8 simplex.
10. Usually, there are special requests which arise such as delivering messages to runners. These will be passed on by Race Central.
11. We will use tactical calls such as Mile Post 3 but we must remember to ID at least every ten minutes during which we were on the air. The start/finish line will be Race Central.
12. Report when the end of the race (signified by the passing of the sweep team wearing the brightly colored vests) has passed your position. All runners behind the sweep team are out of the race. The EOC Jeep will be following the sweep team – turn in your vest and any loaned equipment to Henry.
13. At most Mile Posts, you can park your vehicle in such a way that you can work out of it. Otherwise, think about taking a folding chair. Take a clip board and pencil. Be ready for rain.
14. **CHARGE YOUR BATTERIES!!! (both radio and cell phone) Take a spare if you have it.**
15. **(Special note for Mile Post 1)** There is a dead spot around mile post one. If you are using a hand held radio, walk around to find a place where you can reach the repeater. Check out locations with Race Central prior to start of race.
16. THANK YOU FOR YOUR HELP THIS YEAR !!!