

Sterling Park Amateur Radio Club
Herndon Festival 10K & 5 K Race Plan
Sunday May 31, 2009 rev 090527ba

Primary Freq. – 147.420 MHz, Simplex

Backup Freq – 446.125 MHz, Simplex

Things to bring:

- a. Your radio equipment with the two above frequencies pre programmed.
- b. Lawn Chair
- c. Water
- d. Rain Gear or Sun Block and a hat!

Setup Time: Control Point 6:00 AM
Mile Posts Operational at 7:00 AM

Control Location: @ Finish Line in setup parking lot in front of tennis courts

Mile Post Locations: See the maps, the streets are marked with white paint as follows
10K Race; H-1 thru H-6 for miles 1 thru 6
5K Race; F-1 thru F-3 for miles 1 thru 3
Mile Post Check Points, completed and operational at 7:00 AM

10K Race Start Time: 7:30AM, lead by Herndon Police

A Recreation Center vehicle and driver will tail both Races.

5K Race Start Time: approximately 7:40AM (10 min after 10K start)

Start Location: 10 K Ferndale Ave, 120' south (towards Elden SAT) from the Rec Center South entrance, look for marker on the pavement.

Start Location: 5 K Ferndale Ave, 110' north of Vine on Ferndale. Look for the marker on the pavement.

Finish Location (both races): Ferndale Ave. 126' North (away from Elden) of the north edge of the Rec Center Main Entrance Note, points marked with the letter "F".

Necessary Positions

Control Point #1: Gordon, NQ4K
Craig, KJ4GZY **
Red, N3TG ***
Adrienne, K3MAF ***

** Driver Craig, help shuttle SPARC Spotters to their Mile Posts (needs car)

*** Red & Adrienne will be backup for 10K Race MP 2 (see Bud)

10K Race

Starter: Tony, ki4ctu

Mile 1: Dick, W2YE, HT (chair, No place to park), Ray will drive you

Mile 2: Barney, W5BSB, Center St. Lawn chair, etc.

Red, N3TG & Adrienne, K3MAF as back up

Mile 3: Bill, WF1L (mobile)

Mile 4: Henry, K2BFY (chair, Portable, ext ant on street sign)

Mile 5: Ray, KD4RSL (chair, No place to park) park across Herndon at Pkwy
Cutter Mill Park. Please drive Dick & Volunteer to MP 1.

Mile 6: skip @ Finish Line

Finish Line: Tony, ki4ctu

5K Race

Starter: Tony, ki4ctu (1)

Mile 1: Chuck, KI4IEO HT (chair, No place to park), Bud will drive you

Mile 2: Mark, KI4OBT (park in lot by Harvest Bread or on the street) Use an a
Pole-mounted antenna attached to a street sign. If you do not have one let
me know

Mile 3: Not Needed

Finish): Tony, ki4ctu

Duties

Starter

- a. Be with The Official Race Starter at the beginning on the 10 and 5 K Races.
- b. At the start of each race relay the start signal to the Control Operator who will relay it to each Check Point.

Mile Post Check Points

- a. Arrive at Starting Line between 6:30 and 6:40 AM in time to say I am here and pick up your Recreation Center Volunteer and be ready to head to your Mile Post at 6:45 AM.
- b. Remember you need to transport the Recreation Center Volunteer to the Mile Post with you.
- c. Receive Time Signal at the beginning of the race and set the stop watch (provided by race officials) running for your assistant.
- b. As the Runners approach contact Control and relay the Runner Numbers in the order they pass your checkpoint. The first 5 are sufficient.

- c. Again when the last runner passes your checkpoint inform Control.
- d. Watch for any problems with runners and notify Control.
- e. When the last runner passes and you have checked in, you are finished. Pack up.

Control

- a. Relay Start Signal for race timing to check points at the beginning of both races.
- b. Collect position information form the Check Point Spotters.
- c. If a PA System shows up announce the race results (real easy)
- d. Driver will help to transport the Mile Check Point people to their positions. There are a couple of locations where you can not park a car.

- Some info:
- a. Medical Herndon EMT's will be available at the Finish Line. They can be dispatched via our communications if necessary to any race location.
 - b. Food and beverages will be served in the Recreation Center starting at 7:30 AM and through the post race events, it is free.
 - c. Rest Rooms in the Recreation Center.
 - d. Water Stops, the race organizers plan 4 Water Stops at;
 - 1. Library on Center St.
 - 2. Florida & Alabama Streets
 - 3. Herndon Parkway near Cutter Mill Park
 - 4. Finish Line
 - e. Parking at the Recreation Center will be very limited the later it gets. The police will close the lot when it fills. There will be limited street parking. There may be some space on Jorss Place and then walk on the W&OD trail over to the Recreation Center.