

21 May 2014

Sterling Park Amateur Radio Club
Herndon Festival 10K & 5K Race Plan Sunday, 1 June 2014

Nets:

- a. Primary: Repeater: 145.31- PL77
 - 1) The 145 repeater at Dulles.
 - 2) SPARCie radios receive on 145.31 and transmit on 144.71 with PL of 77.
- b. Secondary: 144.71 (Transmit and receive on same frequency.)

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

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

Start Location: 5K 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".

Operator Positions

Control Point (Two radios. One on repeater and one on simplex.)

Net Control: Dave K3DAR

10K Race

Starter & Finish Line: Gordon, NQ4K
Mile 1: Dick, W2YE (Ray will drive you).

Mile 2: Eric, AJ4LN

Mile 3: Bill, WF1L (mobile)

Mile 4: John, N2PBY (ext ant on street sign)

Mile 5: Ray, KD4RSL (No place to park. Park across Herndon Pkwy at Cutter Mill Park.)

Please drive 4x to Mile 1.

Mile 6: Not needed (@ Finish Line)

5K Race

Starter & Finish Line: Gordon, NQ4K

Mile 1: Blair, KC9BBW (No place to park. Ray will drive you)

Mile 2: Paul, K4PDF (park in lot by Harvest

Bread or on the street) Use a Pole-mounted antenna attached to a street sign.

Mile 3: Not needed (@ Finish Line)

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

1. Arrive at Starting Line between 6:30 and 6:40 AM in time to say "I am here," pick up your Recreation Center Volunteer, and be ready to head to your Mile Post at 6:45 AM.
2. Remember you need to transport the Recreation Center Volunteer to the Mile Post with you.
3. Receive Time Signal at the beginning of the race and past start to the Recreation Center Volunteer who will run a stop watch to provide times to the runners.
4. As the Runners approach contact Control and relay the Runner Numbers in the order they pass your checkpoint. The first 5 are sufficient.
5. Again when the last runner passes your checkpoint inform Net Control.
6. Watch for any problems with runners and notify Net Control.
7. When the last runner passes and you have checked in, you are finished. Pack up.

Net Control

1. Relay Start Signal for race timing to check points at the beginning of both races.
2. Collect position information from the Check Point Spotters.
3. If a PA System shows up announce the race results (real easy)
4. Driver will help to transport the Mile Check Point people to their positions. There are a couple of locations where you cannot park a car.

Some info:

1. Medical Herndon EMT's will be available at the Finish Line. They can be dispatched via our communications if necessary to any race

location. Please watch carefully for any runner or spectator that may need medical assistance during the event.

2. Food and beverages will be served in the Recreation Center starting at 7:30 AM and through the post race events. It is free.

3. Rest Rooms in the Recreation Center.

4. 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

5. 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.

Tactical Callsigns

After net established, use tactical callsigns. These are:

Net Control

Starter

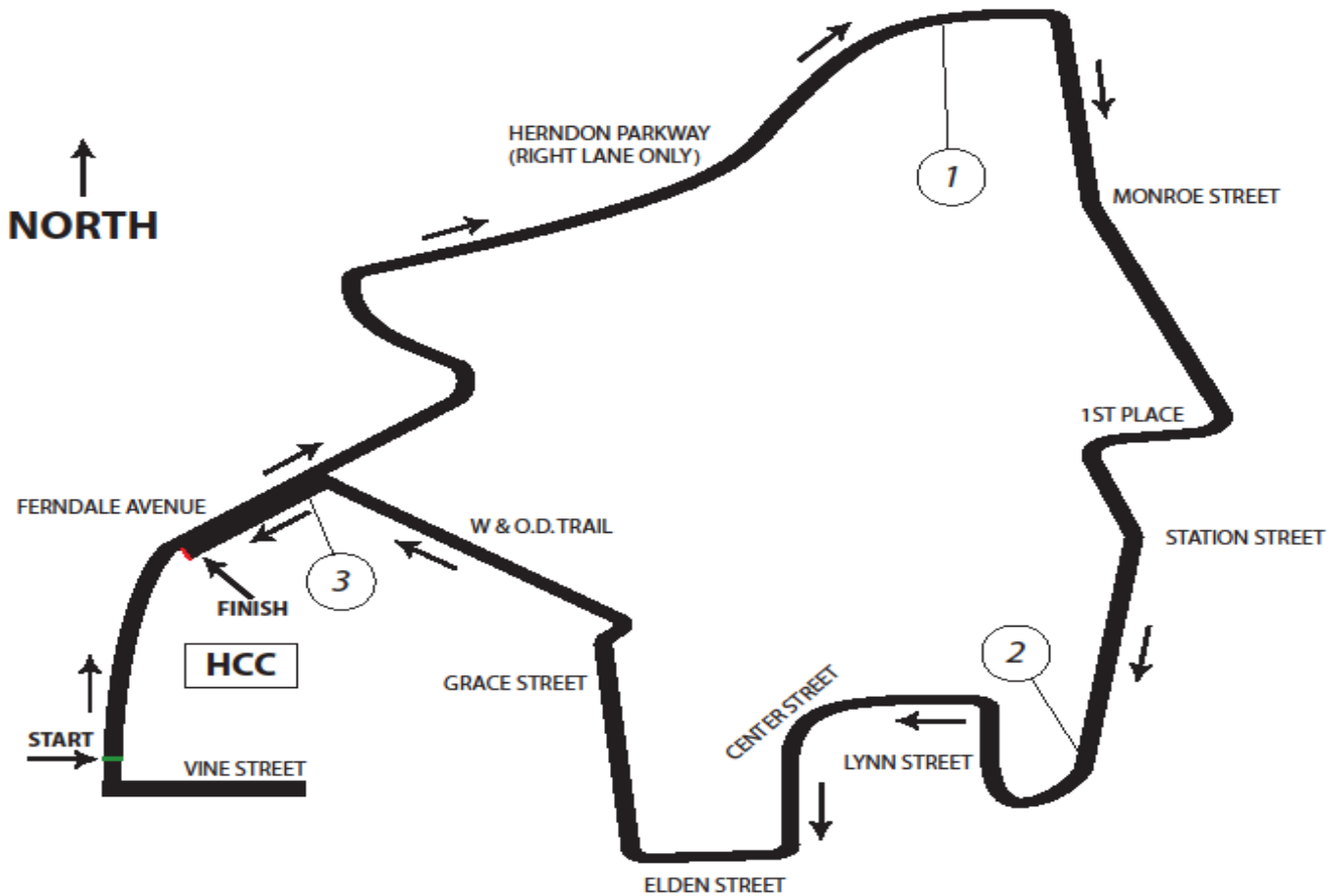
MileMarker Calls (race + milemarker)

101, 102, 103, 104, 105,

51, 52

Give call sign when checking into net and when leaving net. Otherwise use tactical call sign.

HERNDON 5K HERNDON, VIRGINIA



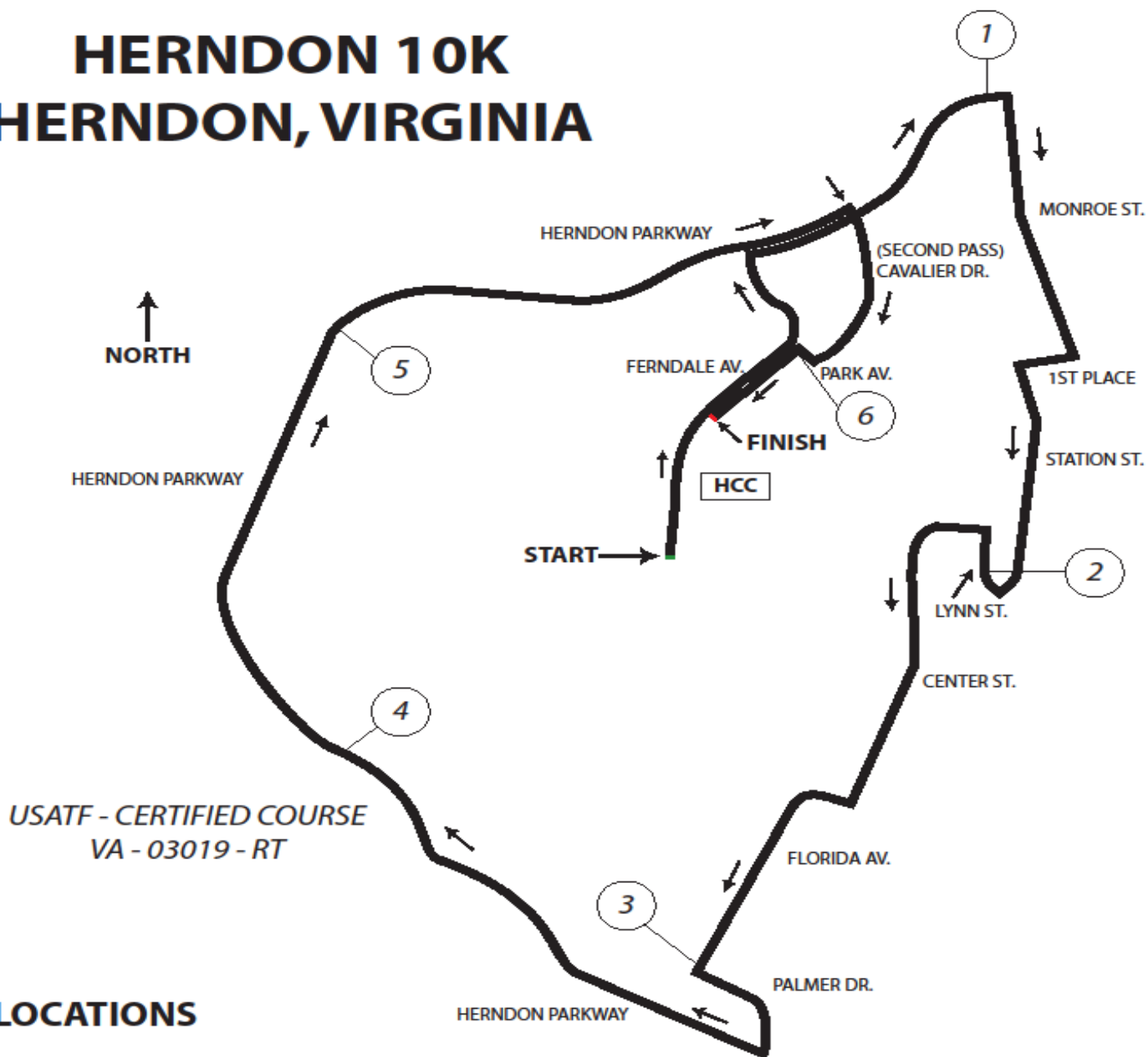
**MAP NOT TO SCALE*

- START:** FERNDALE, AT "SPEED LIMIT 25" SIGN, 110 FT. NORTH OF VINE STREET
1 MILE: HERNDON PARKWAY ~ 200 YARDS BEFORE MONROE ST., ~ 25 FT. PAST BEGINING OF LAST MEDIAN ISLAND BEFORE MONROE ST., 15 FT. PAST STORM DRAIN ON RIGHT.
2 MILES: STATION ST., EVEN WITH NORTH EDGE, PINE ST., MARKED AT SOUTH EDGE OF CROSSWALK OPPOSITE ZEFFIRELLI'S
3 MILES: FERNDALE AV., 177 FT. SOUTH OF W. & O.D. TRAIL; 60 FT. SOUTH OF GUARDRAIL
FINISH: 126 FT. NORTH OF NORTH EDGE, REC. CENTER ENTRANCE.
NOTE: POINTS MARKED WITH THE LETTER "F"

ROAD RESTRICTIONS:

- 1) FERNDALE (NORTH OF COMMUNITY CENTER): EAST SIDE ONLY
- 2) HERNDON PARKWAY: RIGHT-HAND LANE ONLY

HERNDON 10K HERNDON, VIRGINIA



USATF - CERTIFIED COURSE
VA - 03019 - RT

LOCATIONS

- START:** FERNDALE, 120 FT. SOUTH OF SOUTH DRIVEWAY LEADING TO HERNDON COMMUNITY CENTER; 4 FT. SOUTH OF LIGHT POLE "MK 50" ON WEST SIDE; ~EVEN WITH APARTMENTS ON RIGHT.
- 1 MILE:** 40 YARDS BEFORE MONROE; 19 FT. BEFORE STREET DRAIN
- 2 MILES:** OPPOSITE ENTRANCE, #765 LYNN STREET. 32 FT. BEFORE BRICK CROSSWALK; 4 FT. NORTH OF EXTENDED CENTERLINE OF PINE ST.
- 3 MILES:** 61 FEET SOUTH OF BRUCE COURT AT #405 FLORIDA
- 5 KM:** MANHOLE, OPP D/WAY, #719 PALMER
- 4 MILES:** 73 FT. BEFORE E. EDGE, SUMMERHILL DR.
- 5 MILES:** 73 FT. BEFORE CROSS STITCH; 18 FT. BEFORE MEDIAN POLE
- 6 MILES:** 10 FT. PAST ENTRANCE #971 ON LEFT; 27 FT. PAST BURWICK CT ON WEST SIDE
- FINISH:** FERNDALE, 126 FT NORTH OF HCC POINTS MARKED WITH LETTER "H"

ROAD RESTRICTIONS

- HERNDON PARKWAY - RIGHT HAND LANE ONLY
- OTHER ROADS WITH CENTER STRIPE (PART OF MONROE, PART OF FLORIDA, FERNDALE), STAY TO THE RIGHT
- FERNDALE, PATH TO FINISH, STAY ON LEFT SIDE
- NO RESTRICTIONS WHERE THERE IS NO CENTER STRIPE
- EXCEPTIONS TO RIGHT HAND SIDE RULE (WITH CENTER STRIPE)
- 1) CENTER STREET - ENTIRE ROAD AVAILABLE
 - 2) FINISH ON FERNDALE - STAY TO THE LEFT