

Sterling Park Amateur Radio Club
Herndon Festival 10K & 5K Race Plan Sunday, 5 June 2016

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:

Net control arrive at Control Point at 6:00 AM to set up.
Mile Post Check Point personnel arrive at Control Point at 6:15.

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

Net Control: Eric, AJ4LN

10K Race

- Start Line: Gordon, NQ4K
- Mile 1: Monte, KV4KS (Ray will drive you).
- Mile 2: John, KK4AHY
- Mile 3: Bill, WF1L (mobile)
- Mile 4: Marty, NV3H (external antenna on street sign)
- Mile 5: Ray, KD4RSL (No place to park. Park across Herndon Pkwy at Cutter Mill Park.)
Please drive 4 people to Mile 1.
- Mile 6: Jay, KM4RSS (walk)

5K Race

- Start Line: Gordon, NQ4K
- Mile 1: Blair, KC9BBW (No place to park. Ray will drive you)
- Mile 2: Chaz, KK4TNO (park in lot by Harvest Bread or on the street) Use a Pole-mounted antenna attached to a street sign.
- Mile 3: **TBD**

Duties

Starter

- a. Be at the Start Line at the beginning of 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 Finish Line/Net Control Point at 6:15. We will have a radio check and take a group picture.
2. You will pick up your Recreation Center Volunteer and be ready to head to your Mile Post at 6:40 AM.
3. Remember you need to transport the Recreation Center Volunteer to the Mile Post with you.
4. 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.
5. As the Runners approach contact Control and relay the Runner Numbers in the order they pass your checkpoint. The first 5 are sufficient.
6. Again when the last runner passes your checkpoint inform Net Control.
7. Watch for any problems with runners and notify Net Control.
8. When the last runner passes and you have checked in, you are finished. Pack up. Drive the Recreation Center Volunteer back to the Rec Center.

Net Control

1. Control the net.
2. Relay Start Signal for race timing to check points at the beginning of both races.
3. Collect position information from the Check Point Spotters.

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 at indicated on the race map.

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.