

Groton Road Race

April 28, 2019



Amateur Radio Operator Briefing Sheets

This package contains information for the radio operators supporting the Groton Road Race. The package consists of the following:

- General briefing notes for all Amateur radio operators.
- Specific task and check point briefs.
- Frequently Asked Questions
- Maps of the courses, showing checkpoint locations.

General Notes

- **NCS is setup in the parking lot at 292 Main St; east of Worker's Credit Union.** T-shirt, course maps, and this handout are available there. You may pick up your T-shirt after the race if you prefer.
- **A Police Briefing will be held in the Worker's Credit Union parking lot around 9am.** We would like as many radio operators with course assignments to be at this meeting as possible and will announce the time as soon as we know it. Please park in the lot where NCS is rather than the Credit Union parking lot, which will be full of cruisers.
- **There will be three NETs run during the event:**
 - **Organizational net** on F1 **147.500 Mhz simplex**
 - **Course safety net** on F2 **147.345 MHz, + offset, PL 100 (N1MNX, Pepperell)**
 - **Parking net** on F3 **145.550 MHz simplex**
 - **Course fallback** on F4 **147.345 MHz simplex, PL 100**
 - **Course safety net backup** on F5 **442.900 MHz, + offset, PL 100 (N1MNX, Pepperell)**

Headsets are recommended but in any case **be sure VOX is NOT enabled.** It is also a good idea to lock your keypad, though also be sure you know how to unlock it quickly should you need to change frequencies. **Stubby duck antennas are also not recommended.**

- Keep in mind that many of you will be on the course itself.
- **Observe road safety rules.** We don't want to be calling for assistance for one of our own.
- For those working with Team captains, Sunday's activities start at 08:00 AM at the Florence Roche School.
 - **Parking team meet your team captain at 08:00 in front of the Florence Roche school.**
- Those working the course should be at their assigned **course checkpoint no later than 09:45.**
 - Race Start Times are 10:15 AM 10K and 10:30 AM 5K
- Parking for those stationed at the start/finish is at Deluxe (500 Main St.) unless you arrive as part of the early morning crew. Very limited parking for early starting volunteers is available at the school. Vehicles must plan to remain there until the 10k is finished.
- Remember to bring:
 - Warm clothes. It could get cold! Foul weather gear according to the forecast; the race does run in the rain. If it is a bright and sunny day (yes, that does also occur) sunblock is recommended.
 - Radio and extra batteries for your radio.
 - Food and drink while on station; you'll want to stay hydrated.
 - Orange safety vest and hat if you have them. We will have safety vests at NCS if you do not have your own.

- **Tactical call signs** will be used during the event. If you are active you should identify with your callsign at 10 minute intervals and at the end of the communication. If the frequency is quiet Net Control will conduct roll calls at appropriate intervals. If you don't hear any activity for an extended period check your radio.
- Road closing and re-opening is decided by the Police Command based on overall race conditions. *This is **not** a local decision at each intersection.* Police Command and NCS will relay instructions regarding road closing and re-opening as that information becomes available.
Do not ask the Net if you may open a road; the answer is 'no' until we are told otherwise by Police Command.
- Review any specific tasks you will be expected to do at your checkpoint.

If you have any questions, please ask Net Control; Stan KD1LE, or Ralph KDISM

Organizational Net – F1:

The organizational net provides communications between the race organization team captains, enabling them to coordinate their activities. This net runs as an uncontrolled net with stations calling the requested party directly. Stations pass traffic or allow the team captains to talk directly with each other while under the control of the radio amateur. Net control is available to assist but will not be taking a controlling role in the net. Control is distributed among the stations and normal operational practices should be observed.

Parking Net – F3:

- Provide communications among the various members of the parking team split between Deluxe and the school.
- Provide communication between Deluxe parking and the Race organizers. Net Control will be monitoring.
- Report status of people waiting for transport to the school.

The Parking Team will stand down by 09:30 so those operators can move to the course.

Course Health and Safety Net – F2:

Start

- Provide communications for the Start Team Captain.

The actual start coordination will be done by the Race Director, assuring the following:

- During the Start of the 5K and 10K races, drive the "Start check list". Most important is the handshake with Police Command to ensure that the course is clear of traffic before the race starts. **The starter must not start the race until the road is closed and Police Command gives the go-ahead!**
- Provide the Start time mark to all personnel on the course. The actual start will be announced over the air.

Start Check List

Time

T-10	Check Finish line status EMT Status
T-05	Final course check off with radio hams – confirm cones are deployed at CP8, CP27/CP28, CP24, CP25, CP26
T-03	Inform Police of readiness to start
DO NOT CONTINUE until confirmation is received from Police Command that the road is closed!	
	Road is closed
T-01	Bring runners to start line
T-00	Start race.

Police

- Provide communications between the race nets and the Police Command.
- Provide communications between the Police Command and the Police personnel assigned to the checkpoints for the race. There are many officers from other departments and towns and their radios cannot all communicate with each other. Tasks include start coordination, closing and re-opening roads, and keeping Police in touch with events and with each other.

5K and 10K checkpoint notes

The Tot's Trot and 2Km are run on the school grounds. We do not provide communications for these events.

The **10 K** race starts at 10:15 and the 5k starts 15 minutes later. All checkpoints remain in position until the 10K runners finish.

Checkpoint Tasks and notes

- All course checkpoints, Police Command, and UCC operate on F2 “Course health and safety net”.
- Introduce yourself to the nearest course Marshals and Police officers. All road intersections will have a uniformed officer. These officers come from a variety of agencies. Many of their radios do not interoperate; you are their communication with the Police Command. If you have not located your uniformed officer by T-10, inform NCS.
- Be aware of your own safety; don't play in the traffic. Stay out of the way of the runners.
- Be aware of activities on the course and be prepared to call in any emergencies to Net Control.
- **5K Checkpoints 8, 24, 25, 26, 27, and 28 must confirm that the traffic cones have been deployed in the road according to the diagrams before the races start.**
- Stations closest to the mile markers will be asked to report the three lead male and female runners. These are stations 4a (5k), 10, 15, 18, 21, and 26 (5+10k). We don't have enough time for everyone to report, so please don't try unless you are asked by NCS.

Traffic from Police Command

The Police Command will be announcing road closures and re-openings. Relay these to the officers detailed to your checkpoint. Frequently Police Command will be giving these instructions in person to the officer; if you receive those instructions from Police Command in person you may inform NCS.

What to do in an emergency

We have been very lucky so far in the Groton races, with no call for significant emergency medical assistance on the course to date. This is only good luck....

• **Runner Down**

- Keep calm, assess the situation, get your details together in your mind.
- Take a deep breath.
- Call... “Net control, Emergency at checkpoint XX”.
- Wait for acknowledgment. If none comes, repeat call.
- Report Status, and respond to requests for additional information.
- Stay with the runner until assistance arrives.
- Stay alert to other events.
- Keep calm.

Special Instructions for 5K

Checkpoint 27 and Checkpoint 28: You will see the 5K runners twice; once on their way out and again as they approach the finish. You may wish to adjust your position slightly between these two events. We expect Hollis Street to be closed to traffic in both directions for the duration of both races.

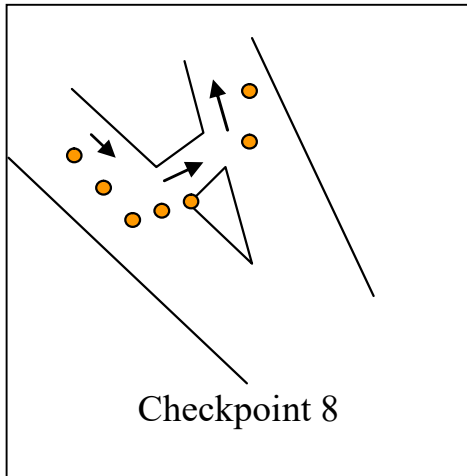
Special Instructions for 10K

Checkpoints 1 through 10: After the end of the race passes checkpoint 10 Police Command will give instructions regarding reopening Main Street. We will not know until that time which if any of those positions will be permitted to secure before the finish of the 10K race. Although traffic will be permitted on Main Street, Hollis Road will be closed and thus traffic on the cross streets will need to be controlled. All our instructions will be relayed from Police Command.

Checkpoints 15 and 16: Traffic will be allowed to move between Gay Road and Route 40 during the race. The Police will be instructing all drivers both directions to use one side of the road. These two locations may have difficulty reaching the 147.345 repeater. Please bring mobile antennas and radios capable of 50watts output for these two locations. Also, be prepared to monitor the repeater input frequency in the event that you need to communicate with each other. NCS will be monitoring both the repeater input and the repeater output and can relay between you if needed.

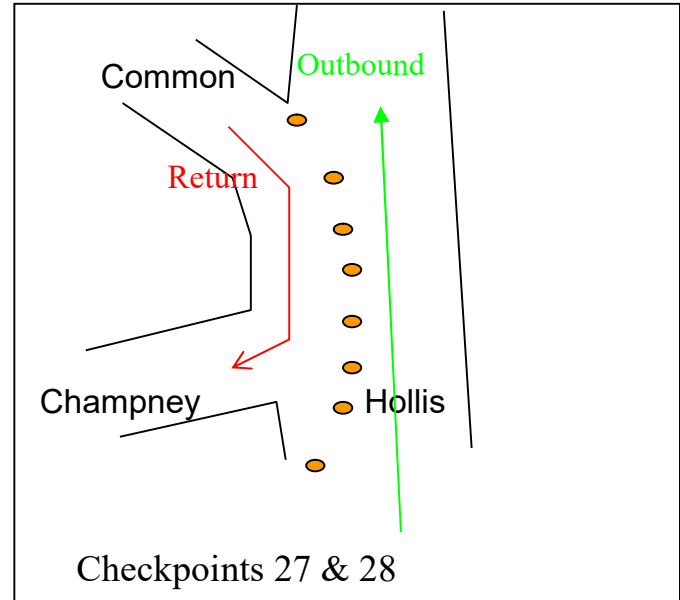
Traffic Cone Placement – 5K

The traffic cones at checkpoints 8, 24, 25, 26, and 28 are vital to keeping the runners on the correct course. There will be marshalls at these positions to deploy the cones 5 minutes before the start of each race. The radio operators should confirm that the cones have been deployed and radio this back to NCS. The race cannot start until we have confirmation that the marshalls have moved these cones into position.

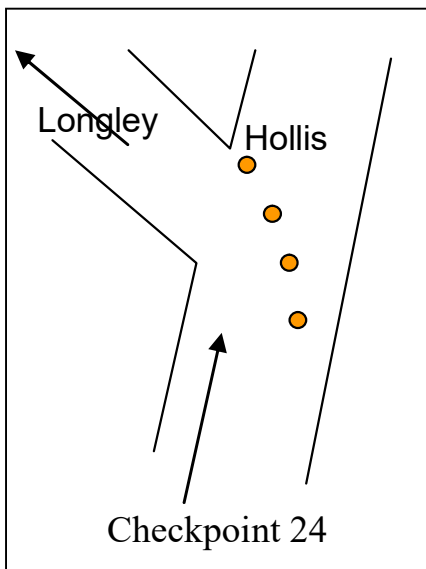


Checkpoint 8

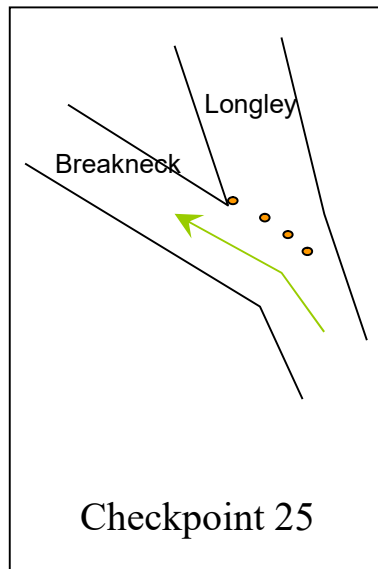
CP8: This cone placement is for the 5 K race. After all 10k runners have passed place cones from centerline of Main turning on Hollis, arrow sign pointing to the turn.



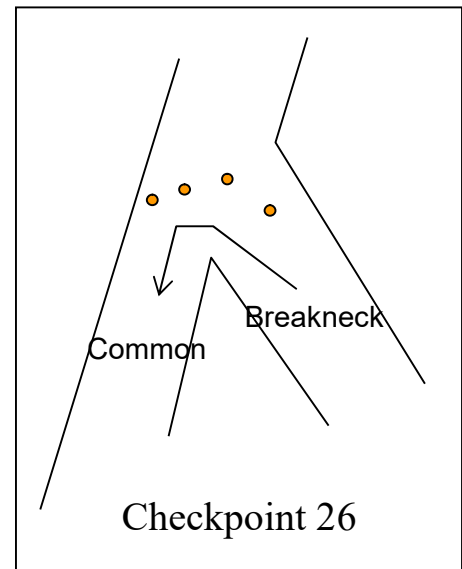
Checkpoints 27 & 28



Checkpoint 24



Checkpoint 25



Checkpoint 26

Frequently Asked Questions

- Parking / Bus information / Special Parking:
 - All parking for race participants will be at Deluxe except for handicap parking and race volunteers who arrive very early. After the races all runners are directed to Florence Roche where shuttle buses will run to Deluxe.
 - Radio operators along the course may park near your assignments. Other than along Main Street there is adequate space out of traffic at your position. Do not allow your vehicle to intrude onto the course (road).
- Lost Children / Clothing:
 - See main PA announcer on the track behind the School
- Result Postings:
 - Next to main PA announcer and later on the Internet at www.coolrunning.com and www.grotonroadrace.com
- Trouble / Information Desk location
 - Located in a Squannacook River Runners tent in the middle of the track behind the school.
- Road Opening (commonly asked by impatient drivers stuck on a crossroad):
 - **Road closing and re-opening is decided by the Police Command based on overall race conditions. *This is not a local decision at each intersection.* NCS will relay instructions regarding road closing and re-opening as that information becomes available.** Information signs are posted around town a week in advance; there's no good reason a local will not have known about the Race.
 - Please do not call NCS for road reopening information unless you need to do so to appease an angry driver. NCS will respond to your queries with a pro-forma "Police are still keeping the course closed." Feel free to turn up the volume for that impatient driver to hear the reply.
 - Emergency vehicles needing to cross the course require special handling. Inform NCS of the presence of any vehicle claiming to have an emergency and ask for instructions if the uniformed officer at your location requests instructions. Emergency personnel such as doctors and nurses operating non-emergency vehicles may be asked to present identification to your uniformed officer if there is any doubt.
- Net Control is setup in the parking lot at 308 Main Street, just east of Worker's Credit Union. T-shirts may be picked-up there before or after the race.
- Lunch for volunteers? Probably not. The race start times were moved earlier in the morning in 2018 as participants asked to be able to finish in time for other afternoon activities. Volunteers are urged to bring sufficient hydration for the duration of the event.

Other Race details may be found on the Groton Road Race Web site: <http://www.grotonroadrace.com/>



Runners pass NCS in the 2015 Groton Road Race

First and Finally ...

Thank you for
volunteering your time,
skills, and equipment.

The Groton Police
Department and the Race
organizers deeply
appreciate the assistance of
the Amateur Radio
community for this event.



Groton Road Race; Hollis St & Champney / Common / Martins Pond intersections

TP 23 and 23a can locate at the point of the triangle until the 5K passes going northward. After the end of the 5k passes, TP 23 and 23a can relocate to the northeast corner to direct the 10k runners north onto Hollis St. At your discretion, with two operators one can position at the northern point on Hollis St. to direct runners to the right.

KD1SM 2015-04-25

