



Run Aid Stations (R-4, R-5, R-6, R-7)

Purpose: Provide emergency communications, report the position first and last athletes, report any aid station shortages, and provide logistical support

Time to be In Position: 10:30am for R-4, R-5, R-6, and R-7

Primary voice frequencies: 146.730 - pl:127.3 and 444.550 + pl:141.3

Your Task:

You are located at a fixed position on the run course. You will report the following information to Control:

- First through Fifth male runners (with participant numbers)
- First through Fifth female runners (with participant numbers)
- Last male runner (with participant number)
- Last female runner (with participant number)
- Other status reports as requested by Control

If possible, follow the last runner to the next communications-staffed aid station, at which time you are clear to return to the Visitors Center.

Things to Remember:

- You are located where radio coverage is very weak. Hold handhelds high in the air for better coverage, or use a high-power mobile radio.
- When you talk on the radio, please use your tactical callsign (R-4, R-5, R-6, or R-7). You will still need to identify with your proper callsign at the appropriate intervals.
- If you call for Control and do not get an immediate reply wait one minute and try again. Dispatch is very busy during the whole event.
- If you see a contestant drop out of the race, note the contestant number and relay that information to CIC.
- If you have emergency traffic, call for Control followed by your tactical call and the words "emergency traffic." For example, "Control, this is R-4, Emergency traffic." Control will announce emergency traffic on channel and direct all units to hold traffic until the emergency is cleared.

Things to have in your vehicle:

- Your complete information packet
- High power VHF radio (or dual-bander) with external antenna
- VHF or UHF handheld with extra batteries
- Drinking water for yourself and your helper, and extra drinking water
- Pad of paper and pen or pencil
- First Aid kit (including latex gloves)
- Lunch, snacks, sunscreen, and a hat