

Subject: 7 MILE BRIDGE RACE 2022

PRINT A COPY OF THIS AND BRING A COPY TO THE RACE ON SATURDAY:

7 MILE BRIDGE RUN SATURDAY APRIL 2ND 2022

TIMES: SAT, APRIL 2 ND 5:30AM MEET AT SALTY'S ON THE BAYSIDE OF 11TH STREET .

For volunteers, we will have coffee/donuts at the parking lot at 6 AM. I will pass out your 7 Mile Bridge Race T-SHIRTS. Don't forget to charge up your batteries the night before. Bridge closed 6-9AM.

Radio check 7:00 AM +or-;

TRANSPORTATION. Be ready to roll at 6:20 as follows: In Steve Tolf's car Steve, John Grey, Ricky, Kevin Gerard. In Pete's Car,

Tom, and Mary Ellen, George Garret, and Pete. In Trich's car, Trich, Dee, Ted, Carla. In Eddy's car Eddy and Kerri.

YOUR STATION IS YOUR MILE MARKER ON THE BRIDGE

Know what MM location you are at on the bridge if you have to report an emergency. Each mile and the 10 Km point (6.2 mi) will be marked with special race markers, small red or orange crosses placed in the bridge drain holes. After the race has started, there will be "Split" people at each mile and at 10 Km giving times to the runners. Hams who are stationed at a race marker should avoid obstructing the runner's view of that mark.

COMMUNICATIONS&FREQ'S

Contact between our Ham radios and officials will be via, 442.400 +5 MHz PL 94.8 or His call is COMMAND CENTER He will be located on the Hump. Pete Worthington will be at 3.75 MM Pete's cell is 305-394-0499 . Everyone else your call is your mile marker on the bridge. SPEAK CLEARLY with BREVITY. For those with only Cell Phones, The EMERGENCY phone number is 911. That is the one to call on cell phones PRIMARY FREQUENCY is 442.400 +5 pl 94.8 test your radio in advance. We will have a radio test at about 7:00 AM, Pete "COMAND CENTER" will attempt to have a radio check, starting at the east end and working west on Primary Frequency of 442.400 +5 MHz PL 94.8

WHAT TO REPORT

If you see a runner that you think must have medical assistance, give your call (only your Mile Number) for example, "This is mile six point five over" and the runner's number, if visible. Give a brief description of the problem. If you know the runner is not breathing, give that info. Stand by for queries from medical personnel. Be careful not to over-do the reporting of runner problems. The medics cannot come to the aid of every tired or cramped-up person. Save your calls for the worst cases! Normally, the emergency van will come to the aid of a down-runner. Then the decision will be made whether to call the ambulance. Also report first and last runners. No chatting on 442.400.

AFTER RACE Arrange transportation off the bridge with who brought you out on the bridge. OR catch the first WESTBOUND

school bus available and ride it back to Knights Key for a ride back to the parking lot If you use other transportation tell KD4BJM. Any questions call Pete's cell 394-0499

There will be a "Thank-You" party for race volunteer workers/officials/ TO BE at Cabana Breezes on Sunday from 5PM to 7PM .It's free if you wear your race T-shirt, Cash bar, except for FREE BEER till it runs out!!

CONTACTS: Pete Worthington's cell 394-0499 or home 289-0792 or peteworthington@msn.com .

SUGGESTIONS ETC.

1. Consider taking dark glasses, rain gear if needed, binoculars.
2. Also consider taking ¼ or 5/8-wave antenna, extra battery. Hold your antenna vertically.
3. WEAR YOUR HAM NAME TAG AND RACE T-SHIRT.
4. If it is windy, shield your mike with your body and jacket when you transmit.
5. Use brevity. Avoid doubling - see above.
6. CHARGE and CHECK YOUR 440.00 rig and cell phone the night before!

Thanks for helping! See you Sat. April 2 at 5:30 AM, Pete

A list of locations of communication volunteers and mile markers will be passed out on Sat. morning with shirts