

2010 Indianapolis Mini-Marathon – Sat 8 May

1) ADMINISTRATIVE DETAILS

- a) 6:00am - Net Operational (NCS located next to MECA Van @ Military Park)
 - i) 146.700 **Repeater (Pit Areas)**
 - ii) 443.250 (100 PL) **Repeater (Mile Markers)**
 - iii) 443.000 (100 PL) **Hospitals**
 - iv) 146.625 Back up
 - v) 442.400 (127.3 PL) **IMS frequency**
 - (1) NCS will relay to Operations all ADMITTED persons ONLY
 - (2) All other treated & released info is just to be documented
 - vi) 446.150 **Victory Mile & Military Park frequency**
 - vii) **MECA & Event Radios:**
- b) 6:00am (IMS Volunteers) 6:30am Volunteers to be “on location”
- c) EVENT – 4.5 hours **(strictly a portable radio event)**
 - i) 7:00am – 5K Start
 - ii) 7:30am - Wheelchairs start
 - iii) 7:33am - Runners start
 - iv) Participants must maintain 18 minutes / mile or be picked up in Tail End Bus
 - v) Entrance to 500 Track closed at 9:43am
 - vi) All participants should be out of 500 Track by 10:37am
 - vii) 11:55am – Event Finished
- d) Whom to Track --- **by Event Number**
 - i) Lead Wheelchair
 - ii) Lead Male Runner
 - iii) Lead Female Runner
 - iv) Last Walker
- e) “Cool down” buses
 - i) Across for Brickyard Hotel on 16th Street
- f) Shuttles to Downtown
 - i) Available from Pits ONLY
 - ii) Drop off point is at Vermont & West Streets

2) **ROUTE – 5K**

- a) **START LINE** on W. Washington St. to White River Parkway
- b) North on White River Parkway to New York Street
- c) East on New York to River Walk; right after crossing the bridge
- d) South on River Walk to diagonal path that crosses the Canal
- e) Cross Canal and North on Blackford St.
- f) North on Blackford, crossing Canal, turning West just after NCAA Bldg.
- g) Westward around campus bldgs., thru parking lot and West on University Blvd.
- h) University Blvd. to Blake St. North to Ohio St.
- i) East on Ohio St. to Blackford St.
- j) North on Blackford St. to New York St. turning right (East) to **FINISH LINE**
- k) **5K Volunteers**
 - i) (1) Water Station (5K-W1); 150 yds on bike path just south of NY St. on eastside of river
 - ii) (1) 2 Mile Marker (5K-MM2); straight down University Dr. on walk path
(1) Needs to take Flags & Clock to ¼ MM after 5K event is over
 - (a) Water Station (5K-W1) is to assist
 - iii) (1) Water Station (5K-W2); 2.3 miles after Canal Bridge just past NCAA Building

3) **ROUTE – Mini Marathon**

- a) **START LINE** on W. Washington St. to White River Parkway
- b) North on White River Parkway to Michigan Street
- c) West on Michigan Street to Holt Rd.
- d) North on Holt Rd. to 10th Street
- e) West on 10th Street to Main Street (Speedway)
- f) North on Main Street (Speedway) to 16th Street
- g) East on 16th Street to Indy 500 Track Entrance
- h) Indy 500 Track (counterclockwise) & out onto Cagle Ln (East entrance)
- i) South on Cagle Ln to 16th Street
- j) East on 16th Street to Olin Ave.
- k) South on Olin Ave to 10th Street
- l) East on 10th Street to White River Parkway
- m) South on White River Parkway to New York Street
- n) East on New York Street to **FINISH LINE**

4) **MICSELLANEOUS POSITIONS**

- a) Net Control Station (NCS) (located at NE corner of Military Park)
- b) (5) Alternate NCS
- c) (1) Tail End Bus (board at White River Parkway & Market St.)
 - i) Transfers buses at Pit 12; original bus loads with those ready to be transported to Finish Line and new bus (already at Pit 12) will complete the event on route. Hams need to transfer between buses.
- d) (1) Start Line
- e) (2) Marion County Emergency Operations Center (EOC); State & Washington Sts.
 - i) Monitors Hospital Net

- ii) Monitors Pit Net
- iii) Relays info to EOC personnel as directed
- f) (2) bicycle hams patrolling Holt Rd. and along 10th Street
- g) (1) at 9.1m; at top of 2nd sharp turn on Olin Ave.; just south of 16th St.
- h) (1) at 9.6m; on Olin Ave. at top of sharp southern turn just north of 10th St.
- i) (1) at 11.5m; at one of the riverside vehicle pull-offs; just south of 10th St.

5) MILE MARKERS WC-Wheel Chair / FR-First Runner / LW-Last Walker

a) THERE WILL BE TWO (2) RADIO OPERATORS PER MILE MARKER

- b) Mile Marker hams will have the following equipment delivered:
 - i) 2 Mile Marker Stands
 - ii) 2 Timing Clocks
 - (1) Hams *do not start* the race clocks; with exception of
 - (2) MM1 and 5K-MM2 hams have to start the clocks at the beginning of race
 - (3) Hams need to stay with equipment until they are picked up
 - iii) 2 sets of Flags
 - (1) Ham is responsible for displaying correct flag at the command of NCS
 - iv) 1 megaphone
 - (1) Used for alerting runners of changes to track conditions (flags status')
- c) START; West & Washington Streets WC-7:30 / FR-7:33 / LW-8:03
- d) #1; between Zoo Entrance and White River Parkway WC-7:33 / FR-7:38 / LW-8:21
- e) #2; on Michigan St.; 215 feet west of Belmont Ave.
- f) #3; on Michigan St.; just west of Tibbs Ave. WC-7:41 / FR-7:48 / LW-8:57
- g) 5K; on Michigan St; at Berwick Ave.
- h) #4; on Holt Rd; 250 ft south of grass median south of 10th St. WC-7:45 / FR-7:52 / LW-9:15
- i) #5; Main St. (Speedway) just south of 11th St.
- j) #6; inside Track; 260 ft south of north edge of RR near 5th St. WC-7:51 / FR-8:01 / LW-9:47
- k) 10K; inside Track; where runners merge onto Track from road
- l) #7; north chute prior to turn 4 at section 28 minus 283 ft
- m) #8; south chute infield section 17 (1st low bleachers in turn 1) minus 283 ft
- n) #9; on 16th St.; 275 feet east of Olin WC-8:02 / FR-8:15 / LW-10:37
- o) 15K; on Olin Ave., at the southern most driveway of the Marathon Oil Office
- p) #10; on 10th St.; 110 feet east of Berwick Ave. WC-8:05 / FR-8:19 / LW-10:56
- q) #11; on 10th St.; 225 feet west of Sheffield St. (east of Pershing)
- r) #12; White River Parkway nears Vermont St. WC-8:16 / FR-8:31 / LW-11:41
- s) ¾ Mile to go; New York St., just east of Lansing St.
- t) ½ Mile to go; New York St., near Patterson St.
- u) ¼ Mile to go; New York St., just east of Blake St.
- v) #13; FINISH LINE – New York St.; 96 ft west of Blackford WC-8:19 / FR-8:34 / LW-11:59

6) WATER, GATORADE, AID STATIONS; henceforth referred to as PIT AREAS

a) THERE WILL BE TWO (2) RADIO OPERATORS PER PIT

- b) START LINE
- c) Pit #2 & #17; 1.4 miles – White River Parkway & Vermont St.

- d) Pit #3; 2.4 miles – Michigan & Holmes Ave.
 - e) Pit #4; 3.0 miles – at Michigan & Tibbs Ave. (Gatorade)
 - f) Pit #5; 3.5 miles – Michigan & Olin Ave.
 - g) Pit #6; 4.9 miles – 10th & Grande Ave. (Speedway)
 - h) Pit #7; 5.6 miles – Just east of Georgetown Rd. & 16th St.
 - i) Pit #8; 6.0 miles – just inside Track Entrance (Gatorade)
 - j) Pit #9; 6.6 miles – On backstretch entering Turn 3 of IMS
 - k) Pit #10; 7.8 miles – On frontstretch entering Turn 1 of IMS
 - l) Pit #11; 8.6 miles – On Cagle Ln. in rear parking lot of Brickyard Inn (Gatorade)
 - m) Pit #12; 8.9 miles – Brickyard Inn on 16th St.
 - n) Pit #13; 9.9 miles – 10th & Exeter Ave.
 - o) Pit #14; 10.7 miles – 10th & Holmes Ave. (Gatorade)
 - p) Pit #15; 11.3 miles – 10th just west of Miley Ave. at Kindred Hospital parking lot
 - q) Pit #16; 11.6 miles – White River Parkway just south of 10th St. (Gatorade)
 - r) Pit #17; 12.0 miles – White River Parkway & Vermont St. (same as #1)
 - s) Pit #18; 12.4 miles – New York St. & Lansing St.
 - t) All Pit Areas shall contain:
 - i) 10 x 10 Medical Tent – Full onsite treatment center
 - ii) One EMT and one Medic
 - iii) One IPL bucket truck to display signage
 - iv) One ambulance (is subject to being called away; may not return)
- 7) **FINISH LINE** – Military Park
- a) Finish Line – between Blackford & West Sts. on New York St.
 - b) Medical Tent (primary contact place for info on injured participants) – northeast corner
 - c) Info Booth (Missing Persons) – south central
- 8) **Event Flag Displays – 13 each (Green, Yellow, Red, Black)**
- a) **Green Flag** means **COURSE OPEN**
 - b) **Yellow Flag** means **COURSE OPEN – USE CAUTION** (Heat index is at a point that runners/walkers should slow down & drink plenty of water)
 - c) **Red Flag** means **COURSE OPEN – USE EXTREME CAUTION** (Dangerous weather. Runners/walkers should slow down & drink plenty of water. Timing of the event has stopped and no awards will be given out at this time)
 - d) **Black Flag** means **EVENT OVER – STOP IMMEDIATELY!** (Race has been cancelled due to extreme weather or course emergency. An event such as lightning, tornado or human disaster has or is occurring and all participants need to STOP running immediately)
- 9) **MEDICAL – Patient Tracking**
- a) Net Control Stations
 - i) PIT NCS
 - (1) Gathers info from PITS, records info into Log
 - (a) PITS
 - (i) Records ALL treated info onto forms
 - (ii) Notifies NCS when transportation is required

- (iii) Logs are turned in to Event Coordinator after the race
 - (2) Records info onto form to be given to Military Park ham, who gives it to the Medical Info Tent for logging
 - ii) IMS NCS (cross-band repeat; 146.410 in / 446.050 out)
 - (1) Relays all IMS Hospital treated / admitted peoples' info to Hospital NCS
 - iii) Hospital NCS
 - (1) Records all info on treated / admitted / released people from the hospitals
 - (2) This info is given to the Military park ham, who gives it to the Medical Info Tent for logging
 - b) In Military Park
 - i) Medical CMD Tent in NE corner
 - ii) First Aid Tent in south-central park area
 - c) At PIT Stations
 - i) Outside IMS Track
 - (1) Wishard Memorial Hospitals providing volunteers
 - (2) PITS without an ambulance assigned to it
 - (a) #16; has Medical Golf Cart
 - (b) All others will have an ambulance "staged" there; it may be called away
 - ii) IMS Track responsibility
 - (1) Pits #8, #9, #10, #11, and #12
 - d) Patient Tracking
 - i) By runner number, sex, race, name initials (**no names transmitted over ham radio**), transported from, transported to, times
 - (1) Radio Operator will record all medically treated persons' onto form and turn it in to the NCS after the Event is over
 - (2) Call NCS whenever a person is transported via ambulance
 - (a) Name of ambulance
 - (b) Ambulance number
 - (c) Hospital destination
 - (3) Tail End Bus (*on Mile Marker frequency*)
 - (a) Record runner numbers onto tracking form
 - (b) Call in to NCS ONLY IF EMERGENCY EXISTS
 - e) Hospitals involved (CD & hard copy of all participants to be delivered at ERs)
 - i) Wishard Memorial Emergency Room
 - ii) Indiana University Hospital Emergency Room
 - iii) Methodist Hospital Emergency Room
 - iv) Riley Children's Hospital Emergency Room
 - v) Indianapolis Motor Speedway Hospital
 - f) Measurement of Temperature / Humidity
 - i) Road surface at Ohio & Market; DOT says 1° -2° variance across city
 - ii) Getting a few digital devices to spread across route
- 10) **Severe Weather Tracking Contingency**

- a) Should severe weather be in the forecast for the Event Day, W9NWS will be contacted in order to post a National Weather Amateur Radio operator at the NWS site to keep the event NCS updated on the weather.
- b) If no severe weather is forecasted, the NCS will rely on the Red Cross ECC volunteer to advise the NCS on weather updates.

ALL VOLUNTEERS: You must know where you are EXACTLY, and what streets are near you

If someone needs medical attention, notify NCS of exact location, runner number, sex and name **initials** of runner

PIT AREA (Water / Aid) Ham Volunteers

What to do:

Report arrival to NCS

Report status of the following:

Are Aid people on site: Is Ambulance on site: Are Tables on site: Is Water on site:

Record the following on your Log Sheets:

Any persons needing medical attention; Report runner #, male/female, time released or time transported to hospital (which hospital?) (All stations will be receiving documents with reporting info on it as a reminder)

Report to NCS: Any person being transported to a Hospital

You will need the above info as well as ambulance number at to which hospital he/she is going to

If the person is treated and released, just record this information on the Patient Tracking document. DO NOT call this in to the NCS.

ALL PATIENT TRACKING DOCUMENTS ARE TO BE TURNED IN TO NCS AFTER THE EVENT

Mile Marker Ham Volunteers + 5K, 10K, 15K on Main Route

What to do:

Report arrival to NCS

Ensure appropriate FLAG is displayed as directed by NCS

(**GREEN**-good conditions, **YELLOW**-caution, **RED**-danger; official timer OFF, **BLACK**-event over)

Report the following:

Lead Wheelchair number, Lead Male Runner number, Lead Female number

Report any "running wounded"

"Running wounded" are those limping or visibly at the point of exhaustion

Tail End Bus Volunteer

What to do:

Report arrival to NCS

Record & Report runner numbers that are picked up onto your Log Sheet

Report location at all major street intersections and as requested by NCS

Hospital Emergency Room Volunteer

What to do:

Report your arrival to NCS

Record & Report runner numbers, sex, and race of runner that was **brought in**

Record & Report runner numbers, sex, and race of runner that was **released**

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Runner #	M/F	Runner's initials	Current time	Medical problem	Time released	Continuing or dropping out of race	Time transported to hospital	Ambulance number	Which hospital	Time of arrival at hospital	Time released from hospital
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Key Frequencies:

EVERYONE STARTS: 146.700
 All Pits except IMS: 146.700
 Mile Markers: 443.250 (100 PL)
 Medical: 443.000 (100 PL)
 IMS *: 442.400 (127.3 PL)
 Victory Mile & Military Park: 446.150

Key Times:

EVERYONE ON STATION: ROLL CALL (on 146.700):
 5K start:
 Wheel Chairs start:
 Mini starts: IMS Track Entrance closes:
 IMS Track cleared:
 Event FINISHED:

Misc:

6:30 AM Use Pit# or MM# to identify: Net Control, this is Pit 5.
6:45 AM ID when conversation complete: This is N9FEB clear.
 7:00 AM Medical? Report location, runner number, sex, and initials of runner
 7:15 AM Need leader numbers (wheelchair, male, and female) at all MM.
 7:30 AM Shuttle Buses: 10th & Holt RD; in front of Brickyard Inn on 16th ST
 9:43 AM IMS Hospital: 492-8787
 10:37 AM Michael R. Palmer, N9FEB Cell: 753-8691
 11:59 AM Flags: Yellow=caution; Red=danger, official timer OFF; Black = even over

* IMS Hospital, Pit 8, MM 6, 10K, Pit 9, MM 7, Pit 10, MM 8, Pit 11, and Pit 12.