



**LOS ANGELES
MARATHON**

PRESENTED BY  **asics**[®]

2024

Los Angeles Marathon

Ham Radio Communications
Manual

Greg Powell, KD6AIS

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RACE START TIMES

Wheelchairs	6:30 AM
Hand cranks	6:35 AM
Elite Women	6:45/TBD AM
Elite Men/Full Field	7:00 AM
Charity Half Marathon	8:15 AM

WELCOME

To the 2024 Los Angeles Marathon. Thank you for taking the time to volunteer your services as an Amateur Radio Operator for this exciting event. The contribution that amateur radio operators make to the marathon cannot be replaced and is appreciated by all involved with the marathon. So that we all operate on the same set of guidelines, please take a few minutes to read over all of the notes provided on the pages that follow. Be sure to bring this manual with you on race day as it contains information that you will need. Please enjoy yourself and thank you for your participation.

Greg Powell, Ham Radio Volunteer Coordinator.

GENERAL COMMUNICATIONS NOTES

The following are general operating notes for all Amateur Radio Operators participating in the Los Angeles Marathon.

STAYING AT YOUR POST

It is imperative that you stay at your post until released by net control. If there are two operators at your location, one should *always* remain in place. If you are the only operator, check with your mile captain or your contact point before your *temporary absence*'. If you *NEED* to take a relief stop, keep it short and report back to your contact point as soon as you return to your post. While on break, remain in radio contact with net control.

MEDICAL ADVICE

AT NO TIME IS ANY AMATEUR RADIO OPERATOR TO GIVE MEDICAL ADVICE, NO MATTER HOW SMALL, TO ANYONE! We are here to provide communications **ONLY**. No matter what your background or experience, no information other than questions and responses to and from medical teams are to be given to runners or spectators. Keck Medical of USC is very adamant about us **NOT** providing medical or first aid advice of any type to anyone. Keep us out of trouble and go through them for **EVERYTHING**.

EMERGENCY REPORTS

When reporting any emergency or any problem on the course, Please **KNOW** the **EXACT** location of the problem. The paramedics do not know where 'mile 19' is. They need **EXACT** street addresses or geographical references. 'The runner is down 300

feet west of the intersection of 6th & La Brea". There are enough geographic references and street signs that will enable you to give exact location reports. **DO NOT BEGIN A CALL UNTIL YOU KNOW EXACTLY WHERE THE PROBLEM IS.** If you do other wise, you could jeopardize the person's well being by your lack of precision and delays in getting that information to the paramedics. They will not roll to a location until they have a specific location to send their truck. Remember, "I have a runner down at mile 19" **IS NOT ACCEPTABLE.** "I have a runner down at mile 19, 5742 6th Street is the closest address to this location" is what we need.

ASSIGNMENTS

Assignments may be provided with this manual, with a separate cover letter, at the orientation meeting, sent in email or online.

RACE DAY

- The race will be held rain or shine. It rained like crazy one year and we were there! You will be on the course for a number of hours, many will be around until 4:00pm.
- Bring any food or liquids that you will need to keep you going for the required assignment.
- Dress according to the weather and be prepared for the unexpected.
- Bring HTs and extra batteries for your HT.
- Bring a folding chair, food, beverage and what ever you may need to sustain yourself for the duration of your assignment.
- Bring a clipboard and writing material.
- Most assignments will have portable toilets at them.
- Make sure that you **do not park on the course** or in a location that will block the course or access to driveways.
- **Absolutely** no unnecessary chatter on your assigned frequency.
- If you leave your post, take your radio with you at all times. If for some unforeseen reason you have to leave your radio, do not do so until you check out with net control.
- Your assignment is **COMMUNICATIONS**. This means that you are **NOT** required to help distribute water, pick up cups, unload trucks, etc. We need you by your radio at all times listening for a call and to the traffic on channel. We do not want the net control operator to have to call you more than once for a response! The course people have been told to not ask you for other than communications assistance, so **DON'T VOLUNTEER** to help in any other way!
- The key phrase that we will be living by is **NON-COMMUNICATION**. This is to remind you that it is absolutely essential that you keep your transmissions very short and to the point. Formulate what you are going to say **BEFORE** you call net control. If you go the whole race with only a check in and check out, you had a successful race. In the event that you do need to communicate, **KEEP IT**

SHORT AND TO THE POINT.

- When the sag procession has passed your station and all is wrapped up at that location, inform net control.
- Please stay clear of any other communications groups that are still in operation, especially net control, the medical tents and the runner dropout group.

CREDENTIALS

Those working any position at the marathon are required to wear security credentials at all times. These are included in the mailing that this manual came in, or are provided separately.

PARKING

Those in Net Control and other Finish Line assignments will need to carpool into the finish area. There will be a limited number of parking spaces available for finish area parking.

DEATH OR DISASTER PLAN

In the event that a runner suffers a major disabling injury or death during the Los Angeles Marathon, the following procedure should be enacted:

The ONLY persons authorized to speak to the media on the subject shall be authorized staff. NO MEDICAL INFORMATION OF THIS TYPE SHOULD GO OVER RADIO. Use the radios to contact the person and request a personal meeting ie: **"Race Director, meet Dr. Cobble at [insert location] NOW", or "Dr. Cobble is needed at [insert location] NOW"**.

AT NO TIME IS ANY RADIO OPERATOR TO SPEAK TO THE PRESS REGARDING ANY INJURIES DURING OR AFTER THE MARATHON. I cannot state this point enough. If asked by the press, defer their questions, do not give them any information such as "we handled XX runners with heat exhaustion", etc. This is a VERY SENSITIVE area and we are being trusted to keep this private at ALL times.

SHADOWS

The Shadows lurk in the background on the radio **but may show up on any net at any time requesting information.** Their requests are to be handled with **top priority.** Greg Powell KD6AIS, Communications Coordinator, is the only Shadow at this time.

COMMUNICATIONS PROTOCOL

The following procedures are to be in effect while operating on any of the nets for the Los Angeles Marathon. These procedures are intended to expedite communications, identification, and verification of participating stations. Please be prepared and familiarize yourself with the procedures listed below.

FCC REGULATIONS

The FCC regulation 97.119(a) is as follows: Each amateur station, except a space station or telecommand station, must transmit its assigned call sign on its transmitting channel at the end of each communication, and at least every ten minutes during a communication, for the purpose of clearly making the source of the transmissions from the station known to those receiving the transmissions. In order for smooth, efficient communication and to be in compliance with FCC regulations, the following procedures will be used. A suffix may be added to your tactical call if more than one operator is at the same location. Example: Mile 10-Alpha, Mile 10-Bravo.

Routine Traffic

Operator: Control, Mile 10

Control: Go ahead 10

Operator: We have a downed runner report (include report quickly)

Control: Roger mile 10

Operator: Call Sign

Control: Call Sign

Emergency Traffic

Operator: Break, Break

Control: All stations standby for Emergency traffic, Go ahead double break

Operator: This is mile 10, we need medical assistance for a runner.

Control: Roger mile 10 (and any additional exchanges)

Operator: Call Sign

Control: Call Sign

It is important that we all remember that all communications on the net will go through Net Control. You may not be able to hear the other stations and this will prevent QRM on the frequency. When Net Control gives the net control call sign this will indicate that the frequency is clear. Please listen before transmitting. Only stations authorized to work the Los Angeles Marathon and using the proper procedure will be recognized by Net Control. Please be prepared to use the above procedure during the race. Remember that Amateur Radio is on display to the public. The way that we dress and the manner in which we conduct ourselves will be remembered long after the memories of our good deeds have faded away.

NETS & FREQUENCY ASSIGNMENTS

The following table lists the nets that will be in operation and what bands will be required for each.

Net Control Operations & Info Net

Captain: Greg Powell

Medical Net

Captain: Diana Feinberg, AI6DF
 Freq: 440 MHz
 PL:

Shadow Net

Captain: Reserved
 Freq: 440 MHz
 PL:

Lead/ Bike Net

Captain: Reserved
 Freq: 440 MHz
 PL:

Water StationNet

Captain: Diana Feinberg, AI6DF
 Freq : 440 MHz
 PL:

APRS Net

Captain: Reserved
 Freq : 144 MHz [packet]
 PL:

Tech Group

Captain: Bob Dengler, NO6B
 Freq : 440 MHz
 PL:

GROUP CAPTAIN NOTES

- The general communications notes pertain to ALL operators at the marathon.
- Plan on providing one backup radio and power supply
- Bring a clip lamp for each station for light.
- Bring a few short extension cords (abt 10 feet).
- **MAKE SURE THAT YOUR NET CONTROL OPERATORS BRING FOOD AND DRINK TO SUSTAIN THEM FOR THE ENTIRE TIME.**
- **MAKE SURE THAT THE PREVIOUS ITEM IS ATTENDED TO.**
- Setup will be Sunday MORNING – 4:00AM
- Antennas, COAX (at least 200 feet), rope, pushups and tie downs will be needed for each station.
- Extension cords
- Don't forget to enjoy yourselves.

INSTRUCTIONS FOR ALL GROUPS

WATER STATION NET PURPOSE

- Provide the Water Station captains with communications for coordination. You are also the eyes and ears of the marathon. Please report any

unusual incidents to net control.

- Report elite runner bib numbers and split times **if** requested by Net Control.
- Provide drop out information to Net Control.

METHOD: A ham operator will be assigned to each Water Station. The operators must make contact with the Water Station Captain and introduce themselves. Throughout the race it is imperative that you remain in contact with the Water Station Captain and that he/she knows where you are at all times. **DO NOT MAKE THEM HAVE TO LOOK TO FIND YOU!** Your automobile must be parked off the course and in a location that will not interrupt the conduct of the race. The ham radio operator will have to locate the position of the Water Station and position him/her self at that location.

For the start of the race, locate the person responsible for starting the mile clock and arrange for them to listen to your HT to start the clock in sync with the start of the race (main race only). Once this has been accomplished, report back to your Water Station Captain.

We expect this net to be in operation from 0530, 3/17/2024 to 1600, 3/17/2024. Operators are expected to be on Station and ready for Roll Call at 0600.

The Net operation will be that of a controlled net. Only operators that are participating in the marathon will be recognized. All communications must be directed to the Net Control Operator. Stations that are not part of the event will be asked to QSY to another frequency. Operators are requested to monitor the net frequency during the entire time of the net operations.

Medical Net

The Medical Net is exclusively for the support of field medical teams. Its primary function is dispatching ambulance transport of runners at the direction of the field teams. All other traffic is lower priority.

It is important that every operator be with his or her medical team and on net by 0530 race day. The best way to ensure this is to drive directly to your assignment.

When you arrive on site, record the street address and nearest cross street of your actual location. Your job is to provide communications for your medical team, not to be a radio at a mile marker. Introduce yourself to the team, especially the doctor or person in charge, and make sure they know where to find you at all times.

Net Control will poll field teams on a regular basis. If you don't hear traffic for ten minutes, check your radio.

Please bear in mind that the Operations Control Center is generally chaotic on race day. Medical Net Control is not able to accommodate requests for water or other supplies, non-emergency runner transportation, lunch delivery, etc. All supplies will be provided by USC Keck, **NOT** the supply trucks.

Emergency Reports

Report forms will be distributed to operators prior to Race Day. These forms are the basis of the Emergency Report Protocol (see below).

Report Block Fields

Runner

The runner's bib number. Male runners' bib numbers are all numeric. Female runners' bib numbers begin with the letter 'F'.

Mile

Your mile station.

Location

Street address with nearest cross street for ambulance dispatch.

Request

In general, the only thing you'll be requesting is transport by ambulance. If you think you need something else, think about whether the Medical Net is appropriate for your traffic.

Req By

This will generally be the name of the doctor at your medical aid station. Introduce yourself to him or her before the race starts.

Time Req

Time of the request in 24-hour format.

Time Disp

Time the ambulance was dispatched in 24-hour format. This time will be relayed to you by net control to confirm that your traffic has been passed.

Time Trans

Time the runner was transported by ambulance in 24-hour format.

Destination

Hospital or other destination of the ambulance. Try to get this information from the ambulance crew. This information will be helpful to friends/family at Family Reunion.

Notes Any other pertinent information.

Emergency Report Protocol

When a medical emergency occurs, shadow your doctor.

He or she is in control.

1. Complete all fields in the report block up to *Time Dispatched* before you contact Net Control.

2. Call Net Control and relay your traffic.
3. Stand by for confirmation and *Time Dispatched*
4. Record the *Time Dispatched* and notify the doctor.
5. When the ambulance transports the runner, record the *Time Transported* and *Destination*.
6. Call Net Control and relay the updated information

LEAD/BIKE NET

Will NOT be in operation this year and will be handling the operation of the bicycle race and the lead vehicle convoy. These two functions are being handled on the same net as the lead vehicles need to know at all times where the end of the bike race is. The bike race needs to know where the marathon is so that they can insure that the bike riders are funneled off of the course at the appropriate detour points.

RACE DAY CHECK SHEET

Done	ITEM
	PACK LUNCH & DRINK FOR DAY
	FRESH BATTERY PACKS
	WHIP AND RUBBER DUCK ANTENNAS (Sometimes rubber duck will not make repeaters!)
	DRESSED ACCORDING TO PREDICTED WEATHER
	FOLDING CHAIR & COMFORT ITEMS PACKED
	CLIPBOARD
	PENS/PENCILS
	WRITING MATERIAL (TABLET)
	DO NOT PARK IN DRIVEWAYS
	CONSTANTLY LISTEN FOR NET CONTROL
	NO UNNECESSARY CHATTER ON THE ASSIGNED FREQUENCY
	KEEP COMMUNICATIONS SHORT & TO THE POINT
	CREDENTIALS FOR FINISH AREA
	AWARE OF PARKING REQUIREMENTS FOR YOUR ASSIGNMENT
	RADIOS, HEADPHONES/SPEAKER MIKE
	DISABLE VOX
	HAT AND SUNSCREEN PACKED
	MARATHON T-SHIRT ON
	DRESSED & READY TO REPRESENT THE ENTIRE AMATEUR RADIO COMMUNITY