

2007 MTeC Communications Guide (final)

The MTeC Race is held on October 28th, 2007

Significant changes have been made to the communications positions. To minimize confusion, these positions will be referred to by **LETTER** rather than by **NUMBER**.

Please arrive at the intersection of Route 233 and Milesburn Road at least one-half hour prior to the start time shown next. Talk in will be on 146.415 simplex.

From a communications viewpoint, there are four different phases of the race.

- **Pre-Dawn Setup:** Be at setup points no later than 5:30am.
- **Morning Setup:** Be at setup points no later than 8:00am.
- **Afternoon Setup:** Meet official at HQ-East position no later than 11:00am.
- **Teardown:** When your race official strikes his post, you may follow suit. Please notify Net Control prior to securing your station.

From the contestant's point of view, there are three different phases of the race.

- Expert Division
 - ◆ **Trek:** Definite start 6:00am, likely over 9:00am
 - ◆ **Bike:** Likely start 8:30am, likely over NOON
 - ◆ **Trek/Raft:** Likely start 11:00am, definite over 5:00pm
- Sport Division
 - ◆ **Trek:** Definite start 9:30am, likely over 10:30am
 - ◆ **Bike:** Likely start 10:00am, likely over NOON
 - ◆ **Trek/Raft:** Likely start 11:00am, definite over 5:00pm

>> Positions:

Highly Mobile Positions (race official's name; assigned communicator)

Race Leader:	Jim Nicklas	Gerry Rosenberry KB3GBF
HQ West Pines:	Michelle Shepherd	Tony Giroux KF3BX
HQ East:	Dave Campbell	Bill Beyrer N3ZIV
EMT West	EMT	(only if dispatched)
EMT East	EMT	(only if dispatched)

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Fixed Positions/Checkpoints (race official's name; assigned communicator)

ALPHA	Bill Bashor	Daniel McGlothin KB3MUN and Mike Rider KB3EHT
BRAVO	Tammy Baer	Nick Rylatt AA3T
CHARLIE (am)	Joe Flanagan	Milt Engle N3LTQ
CHARLIE (pm)	Joe Flanagan	Milt Engle N3LTQ
DELTA	Dave Matthews	Dave Dice KB3PCA
ECHO	Mike Hair	Darrell Lingenfield N3QBI
FOXTROT	Bob Snyder	Barbara Baller W3AVQ and Tom Williams KB3IQH
GOLF	Laura Nicklas	Bob Gundlach N3NBT
HOTEL	Dan Knepper	Kimball Shaud KB3OYL
OSCAR-1	Jim Kirkpatrick	Don Schmitt K3DCS
OSCAR-2	_____	Michael Pannill N3WSP (first optional)
OSCAR-3	Lance Proctor	Joe Hovetter KB3MUO (second optional)

The optional positions will be drawn from in event of EMT dispatches or other pressing requirements coverage.

>> **General Information:**

Everyone is asked to program all frequencies in their radios, as this will make it easier than doing it on the event day!

NOTE: Any complaints or concerns from local officials (such as Fish and Game or DNR) about any of our operations (antennas/masts/equipment) should be directed to the race officials. Race officials are prepared to handle any problems that may occur so please do not argue or dispute with the local officials. If local officials ask you to secure your station, please do so, and notify Net Control as soon as possible.

The MTeC planners have informed us that the road to the Lone Pine Reservoir boat launch area will allow race participants only. We will have a communicator with an

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updated communications plan, maps, and duty assignments at the intersection of boat launch access road and Milesburn Road. This is where you should proceed to when you arrive at the event. Be aware that we will be sharing this intersection with everyone else, so be careful (also note that this area of Route 233 and Milesburn Road are part of the race's course).

Communicators will be given a "lunch ticket" with their information packet. This is for a 2:00pm "lunch" at the Boar Launching Area (HQ West).

>> Frequencies:

146.415	MAIN NET	primary
146.535	MAIN NET	backup frequency
146.505	GOLF RELAY	alternate
446.025	GOLF RELAY	alternate
147.420	DELTA RELAY	alternate
446.100	DELTA RELAY	alternate

MAIN NET: 146.415 simplex

ALTERNATE VOICE BACKUP: 146.535 simplex

This year we will use a single Net, and have two relay stations to the North and West. All stations should be monitoring the MAIN NET frequency as much as possible.

GOLF RELAY: 146.505 or 446.025 simplex

DELTA RELAY: 147.420 or 446.100 simplex

One position to the North and one position to the West will act as relays this year. Specific information will be given on a separate handout.

FRS CHANNEL: Bring any FRS radios along you wish to loan to the MTeC officials that will be on the water. Be aware that these may become wet or immersed.

FRS frequencies will be assigned by 11:00am

CROSS BAND: Please feel free to use a cross band radio. Please notify Net Control of the UHF crossband frequency and PL tone you are using.

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>> Net Operations:

This is a **simplex** operation, and a **directed Net!!** All stations may not be able to hear each other. Please contact Net Control **** BEFORE **** any communications are made (except for emergencies) for permission to transmit. Net Control should be able to hear all stations in the Net.

Hiking stations may need relays: if the Net Control cannot hear the hiking station, they will ask for a relay. Please let Net Control know you can hear them, but don't begin relaying unless directed by Net Control.

During this Net, please keep traffic to a minimum. Accuracy is important, however. If you give data to the NCS, and there is a mistake, please let the NCS know as soon as possible.

Also, remember that we are working with race volunteers (who are not familiar with "emergency communications"). Please be patient with them, and remember that we are working for them, providing communications. They are in charge of the race, and they need to make the decisions for the race. Any help you give them will be appreciated.

>> Polling / Status Update:

Net Controls will be polling each station regularly for a status update every 20 minutes. If you have no traffic for the Net, please say "No Traffic" or "I have no traffic".

Example:

NCS:	"ALPHA from Net Control, your status?"
ALPHA:	"No Traffic for the Net, ALPHA, N3AAA, out"
NCS:	"BRAVO from Net Control, your status?"
BRAVO:	"No Traffic, BRAVO, K3AAA, out"

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One type of traffic each station will have is the status of the race teams that have passed the checkpoint. Only the new information since the last status update need be reported. Speak slowly on your reports.

Example:

NCS: "ECHO from Net Control, your status?"
ECHO: "Status update from ECHO"
NCS: "Net stand by. ECHO, go ahead with your report"
ECHO: "As of <local-time>, teams 1, 5, 23, and 17 outbound; teams 4, 32 returned. over"
NCS: "Net Control copies"
ECHO: "This is ECHO, W3AAA, out"
NCS: "This is Net Control, N3AAA, standing by"

If you have to leave the Net for any reason, please let the Net Control know. If you are in an emergency situation, move to a safe place, and then notify the Net Control of any changes...remember, your personal safety, and the safety of those around you ALWAYS comes first!!

>> Emergencies:

At any time, any station may break in with emergency traffic. Net Control may ask you to go to the alternate voice backup frequency if the Net frequency is busy with traffic. Any station may also use one of the RELAY frequencies if necessary with emergency traffic.

Example:

OSCAR-1: "Net Control from OSCAR-1, emergency"
NCS: "Net stand by...OSCAR-1 from Net Control, go ahead"
OSCAR-1: "We need an EMT at this location now"
NCS: "OSCAR-1, the doctor is being sent now"
OSCAR-1: "I copy. This is OSCAR-1, N3AAA, standing by"

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>> Tactical Calls:

We will be using tactical call signs for this event. You can use tactical call signs, provided you still ID with your call at the end of a transmission, and every 10 minutes. Here is how you end a transmission with a tactical call sign:

Example:

"This is HOTEL, W3AAA, out"

>> Break Tags:

Instead of saying 'break' in between transmissions during the net you can use a single-word Break Tag without your call sign. Please use them wisely, as Net Control is directed to stop and turn over the net to the breaking station. The message that follows a break should be as short as possible. Here are their intended uses:

Emergency: Only to be used to report an ongoing life or property threatening or damaging incident.

Priority: To be used to report an important but non-life threatening situation such as a fender-bender that just happened.

Medical: To be used to report a minor medical incident that affects the operator in some way, like having to leave their post for a few minutes to walk someone with a minor cut over to a med team.

Answer: To be used when you have the answer to a question currently being discussed on the air.

Question: To be used when the answer of a question can't wait, for instance when a race official is standing next to you and has requested you to get some info using your radio.

Info: To be used when information needs to be transmitted rapidly but is not related to what is being said on the air. For instance if something that net

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control needs to know about is going to happen in the next few seconds or if waiting for the end of an exchange will negate the value of the information.

"Your Call Sign/Tactical Call sign": An indication that you have traffic that can wait and does not require the stoppage of the ongoing exchange. This tag is an expectation to be put on hold and in queue for your transmission.

>> What to bring (equipment list):

REMEMBER: This is an event that lasts from 8am until 4pm (and there will be an early leg of the race from 5am to 8am)! And it will be a windy, damp, and late October day in the mountains—dress safely and in layers.

You should provision yourself just as you would for any emergency situation. However, here is a basic list of equipment:

HT	Comfortable shoes
Spare batteries	First aid kit
Mobile rig in vehicle	Pad
Gain antennas (for HT)	Pencil
Headphones/speaker mic (for HT)	* Food * (it will be a long day!!)
Water	A copy of the MTeC Map, and a copy of this Race Guide
Drinks, especially warm	Compass or GPS (especially if you are hiking)
Any medicine you need to take	
Raincoat	

All should have adequate food, water, and warm beverages. Those who are hiking should take supplies with them to last several hours, due to the distance involved.