

# The Chilliwack Amateur Radio Club

## Instructions for the Triathlon Sunday 29 May 2016

To be held at

**Cultus Lake and Around Sumas Prairie**

### General:

**A Triathlon starting at 0800 hrs** involving 40 and 20 K routes of swimming bike riding and running along specific routes on water and road will be held Sunday morning 29<sup>th</sup> May. The main race starts with a swim in Cultus Lake at Maple Bay followed by a bike ride that takes competitors down to valley floor and along roads through to Yarrow (Sprint) and onto Sumas Prairie (Olympic). The final phase is a run in the Cultus Lake park area along the side of the Lake and past summer cottages.

**The Chilliwack Radio Club** has been asked to provide a communications and safety net with radio operators placed at key points along the routes of the various swimming, cycling and running events. The starting area and main control will be located at the parking lot by the boat ramp in the Provincial Park at the Maple Bay Picnic Site. This will be the site for our main radio control. Radio operators will be deployed in various other areas to provide safety and information of the competitor's progress as they pass each location.

### Details:

#### Club Trailer

**Our newly acquired trailer and associated equipment will provide our own EOC at Cultus Lake. Designated club members as Net Control to be at Cultus Lake at 0700 for final briefing.**

**All volunteer operators will report to their specific locations as indicated on the attached map by 07.45 at which time a radio check will take place.**

Most stations are located in areas where operators' cars can be parked enabling the station to be operated from the vehicle. In some cases such as those just outside the start area and along the hill up to the Cultus Lake operators may have to work outside and in any case must ensure their vehicle is parked well off the road. A detailed map is provided to show locations. The races end at 1200 hrs although some operators will be free to leave before that time.

### Station Locations:

#	Location	Radio Operator	Remarks
1	Maple Bay - Control		Will log the progress of the race as reported by operators and keep race officials informed.
2	Cultus Lake swim exit	VE7HJJ	Will report runners numbers as they leave the water
3	Bottom of Hill to Cultus Lake Select area where winding and		To report any accidents on this very fast down hill cycling area

	<b>dangerous part of hill can be observed</b>		<b>as well as passage of participants where possible.</b>
<b>4</b>	<b>Middle of Hill to from Cultus to valley floor. Select area where winding and dangerous part of hill can be observed</b>		<b>To report any accidents on this very fast down hill cycling area as well as passage of participants where possible</b>
<b>5</b>	<b>Yarrow Turn around for sprint Just after railroad tracks.</b>		<b>Reports cyclists as they turn around or pass this intersection</b>
<b>6</b>	<b>Boundary Bay Road and No 3 Road intersection</b>		<b>Report Cyclists as they pass their area where possible</b>
<b>7</b>	<b>Tolmie Road and No 1 Road</b>		<b>Report Cyclists as they pass this area where possible</b>
<b>8</b>	<b>Interprovincial Road and No 5 Road turn</b>		<b>Report Cyclists as they pass this area where possible</b>
<b>9</b>	<b>By the intersection into Maple Bay</b>		<b>Safety information to help coordinate any traffic in and out of Maple Bay Picnic area</b>
<b>10</b>	<b>Mobile as required</b>	<b>VE7 HJJ</b>	<b>To be assigned any critical area that develops.</b>
<b>11</b>	<b>Base Operations at home/or club ops room for links when required to phone</b>		<b>To maintain listening watch on 147.100 + and relay messages</b>

**Radio Procedures:**

Control will be co-located at Maple Bay Provincial Park Parking Area with the Race Control Officials and St. John's Ambulance. **A Radio Check will be held at 07.45**

**Frequencies:**

**147.48 Simplex Plus 147.100 Simplex. (147.100+ duplex will be back up.** A reconnoiter and test has confirmed that all positions in Cultus Lake are in range of simplex with main **Control (Location 1) located at Maple Bay.** Most Positions should be manned if possible with car radios as opposed to Hand Helds. (A Hand Held does work but a more powerful radio would be preferable)

Radio operators are to report as requested above, the passing by their location of the competitors in the various races. Cycling competitors will have a bib number on the back and runners a number on their front. It is anticipated that at the beginning of each race it would be impossible to report all cyclists and runners but as the race proceeds and they spread out it will be possible to report most runners and cyclists, particularly those in the lead. Initially radio operators are to try to report the first and what appears to be the last participant though their location.

Radio Operators will also report any accidents. The St John's Ambulance will be located at Control and given a radio to listen out on. It should be noted that the RCMP will be providing traffic control assisted by qualified traffic personnel with hand held radios. Radio operators at locations 8 and 9 must be prepared to coordinate with these personnel when necessary.

**Administration:**

The Triathlon Organization may provide box refreshment for each radio operator and may invite those who wish to go, to a barbeque held at Maple Bay after the events have ended. The box refreshments will be delivered to Main Control at Maple Bay and then delivered to each operator

by **VE7 HJJ**. Radio operators should bring a lawn chair and umbrella for shade or rain. For the most part most locations are in the shade of trees.

Steve Kolstad Coordinator Chilliwack Amateur Radio Club



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