

Girls on the Run 5K Plan of Action

Version: 20241109 v4 (pdf of OpPlan for download - [GOTROpPlan.pdf](#))

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Team

- **KN4RPA - Scott Larimer- ECIC (540)604-3196**
- K04LLC - George Bolden
- KV4RC - Michael Carrancho
- KQ4JJM - Dan Diehl
- AA2FD - Bob Kenny
- KO4CRM - Bobby Langendorfer
- KO4AEH - Cullen Mills
- KO4SIN - Scott Mills
- AF4JQ - John Quaderer
- KN4EXG - Tim Wagner

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Assignments

<h2 style="margin: 0;">Girls on the Run 5K</h2> <h3 style="margin: 0;">Sunday, November 10, 2024</h3>

<p style="margin: 0;"> Net Control on Site: 1300 Station Check in: 1330 Start of Races: 1400 Primary: K4TS VHF Repeater 147.015 (+) PL 79.7 Alternate: AE4ML UHF 442.850MHZ (+) PL79.7 </p>

	Station Name	Location	Call	Name	E-Mail / Cell Phone
1	Net Control	Parking lot near Fred Nats Stadium	AA2FD	Bob Kenny	
2	Start/Finish/Shadow	Stadium Infield	KN4RPA	Scott Larimer	
3	Position 2	Left field outside fence	KO4CRM	Bobby Langendorfer	
4	Position 3	Right field outside fence by playground	KO4SIN	Scott Mills	
5	Position 4	Jackie Robinson Way by back corner of parking lot	AF4JQ	John Quaderer	
6	Position 5	Carl D Silver Parkway Round About	KV4RC	Michael Carrancho	
7	Position 6	Carl D Silver Parkway & Ashford Cir	KO4AEH	Cullen Mills	
8	Position 7	Carl D Silver Parkway & Gordon W. Shelton Blvd.	KQ4JJM	Dan Diehl	
9	Position 8	Median of Gordon Shelton & Willow Ln (By Poet's Walk)	KN4EXG	Tim Wagner	
10	Position 9/Turn a Round	Gordon W. Shelton Blvd.	KO4LLC	George Bolden	

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Course Access

No special access is required for the course.

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Check-in

Net Control is to be on site setting up no later than 1300.

Check-ins are at 1330 for this event. Please be on station and ready for Net Control to start check-ins promptly at 1330.

The race starts at 1400 and it is expected to be completed by 1530.

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Mission

Our primary mission is eyes on the course to provide safety. In the event of a emergency, contact Net Control as soon as possible. If it is a life or death medical emergency 911 is an option. Safety is our number one job.

Our secondary job is to relay information to/from event staff. As part of this please relay the first runner past your station.

Due to the youth participation in this event you are required to register with the event sponsors as a volunteer at <https://www.pinwheel.us/register/index/piedmont5kvolunteer>. **You do not need to complete the background check.**

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Parking

Do not park on the actual race course or block anyone's driveway. There are plenty of close by parking lots to use.

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Equipment

Please have your RVARC vest on if you have one. Please let me know if you don't have one and I'll make arrangement to get you a loaner in advance. I will also make sure they are available for pickup and return to Net Control on race day.

This event can easily be worked with an HT and 5W by all stations.

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Operational Parameters

Our primary repeater will be the K4TS 2M 147.015(+) PL79.7 machine.

Our backup frequency will be the the AE4ML UHF 442.850MHZ (+) PL79.7 machine.

Please program both into your radio prior to the event. Net control, will try to monitor both frequencies at all times if possible.

Net control will have everyone's cell phone number.

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Media Relations

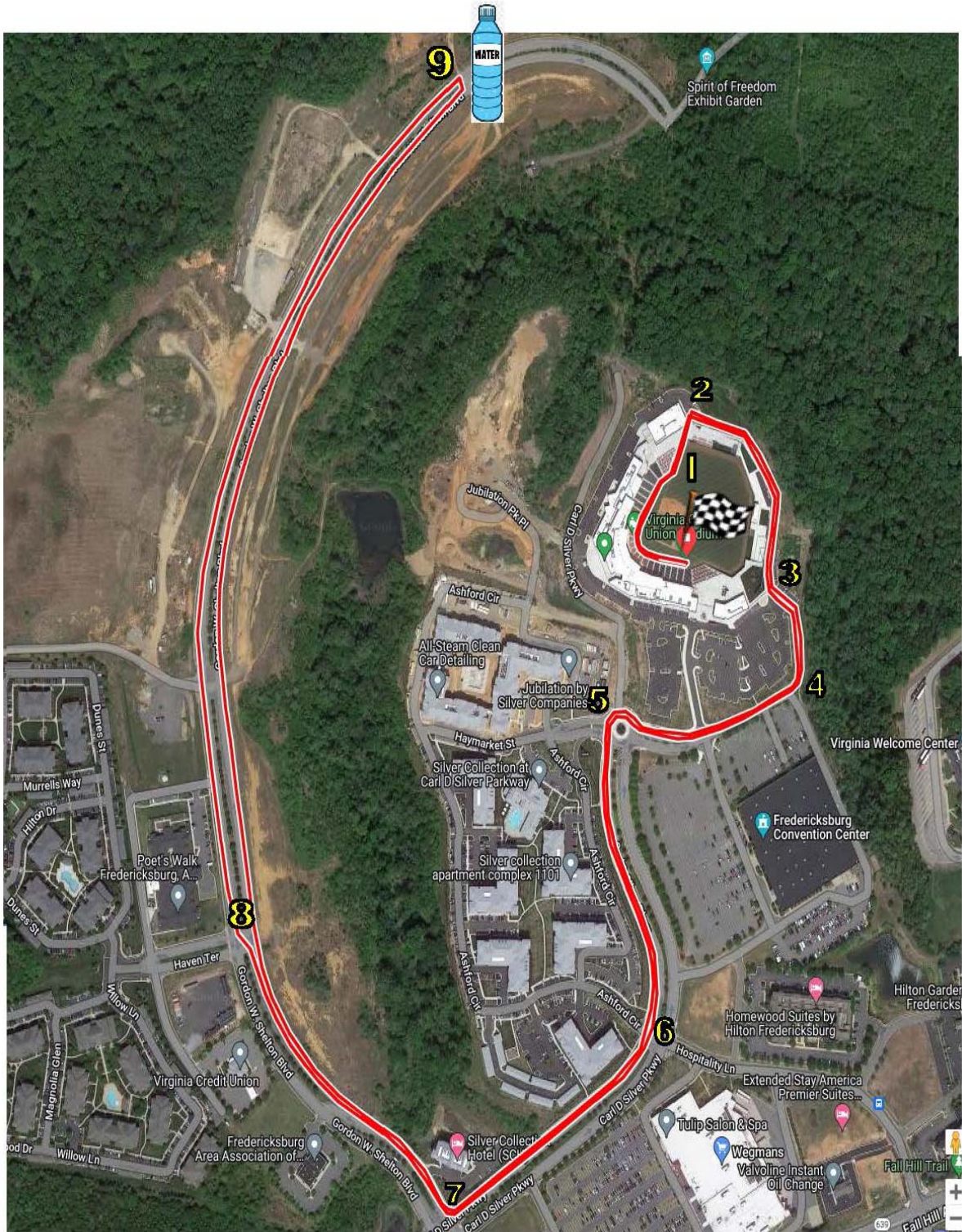
Any questions asked by the public or the media, are to be directed to the Girls on the Run Piedmont staff member Kathy Butler, 540-296-4687 or email Kathy.Butler@girlsontherun.org Feel free to answer question about amateur radio. We are all some what spread out, so spreading the word about amateur radio will be everyone's job.

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Maps

Below is the map of the Girls on the Run Race.

Girls on the Run Race Map



[Girls on the Run 5K Map](#)

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