

HURT 100 Trail Race Communicators

What to Bring

Most of these items will be very familiar to those who have prepared for emergency radio communications. However, here's a reminder list.

- Jacket or something warm (It gets really chilly, especially at night, often windy also!) Long pants recommended.
- Raincoat or poncho (expect rain, especially at night).
- Mosquito repellent if mosquitoes favor you. (With the wet weather, there may be more than in previous years.)
- A good flashlight (even if you are working days – you never know whether you will be held over unexpectedly to help on a late shift).
- A hand held transceiver if you have one (for on-site simplex communications with your Aid Station buddy if one of you leaves the tent).
- Good walking shoes that you don't mind getting muddy (There will be mud.)
- Wear old clothes that you don't mind getting muddy.
- Extra pens/pencils/paper and a small tool kit are always handy for unexpected emergencies.
- A cap with a brim is helpful to keep sun out of your eyes, etc.
- A positive attitude. Things will happen. Obstacles will need to be overcome. Do your best to get the communications across some how, but don't get stressed.

What is provided

- Dual band radio (pre-programmed), antenna, generator, computer, printer, headphones (bring your own headphones if you prefer)
- Tent with a table and 2 chairs and a light
- Food (The food set out for runners will be available for communicators.) If there is a snack that you particularly like, bring it with you.

Dos and Don'ts.

- DO wear your badge at all times when you are on duty. This identifies you as a communications volunteer to the race staff who don't know you. Wearing your volunteer shirt would be a good idea, too.
- DO NOT leave the site during your shift. If you have to leave, let the Coordinators know so they can find a replacement before you go.
- Call the Coordinators/Troubleshooters if you have equipment or other problems. Backup equipment is available, but may be at another site. Cell phone numbers will be available.
- DO NOT leave valuables in your car. Cars are parked in public areas and subject to breakins.
- If this is your first time, DO consider coming to check out the site ahead of time, during an earlier shift (in daylight) so the parking, terrain, set up and operations will be familiar to you.
- DO NOT pass unauthorized traffic.
- DO NOT bring friends/family/children that you are responsible for. You will be busy working.