The Prouty – 2018

Semper Gumby!

Amateur Radio Support Orientation Webinar

Starting time: 7:30 pm
The Prouty - 2018

- The first few slides deal with the Ultimate ride on Friday
- The second set of slides deal with the full Prouty on Saturday
- The final set of slides cover information relevant to both days
Friday Frequencies

- Tunbridge, VT: 146.97- (no tone)
- Hanover, NH: 145.33- 100.0 Hz
- Net control will be monitoring both repeaters
- Simplex backup: 146.550, 146.580, no tone
- If a repeater is down, do your best to work-around with simplex and relays to Net Control
Friday Cell Phone Coverage

- Fair to excellent Verizon service in most areas close to the Interstates
- Spotty to no coverage on between Woodstock and Bethel, Rt. 110, Rt. 113 west of Vershire
- If you are unable to reach the NCS by radio but have cell service, call the Prouty Operations Center at 603-646-1593
Friday Morning Rover Check-In

- Dartmouth Common starting point
- Corner of E. Wheelock and N. Main streets
- 5am Rover meeting time
  - Park along the right side of North Main Street
  - Set up loaner APRS trackers
  - Install radios in any remaining Prouty or Dartmouth vehicles (some may be done Thursday)
- Riders depart the Common en masse at 6am
Friday - Prouty Ultimate Locations

New SAG 3, so 3, 4, & 5 have been renumbered!

SAG locations:
- 1) Woodstock, Billings Farm Museum 7-9am
- 2) South Royalton town common 8-11am
- 3) Ward’s Garage, Vershire 9:45am-12:30pm NEW
- 4) Horizons Day Camp, Lake Fairlee 10am-1:30pm
- 5) Simple Garage, Rt. 5 N. Thetford – water stop 10:50am-2:30pm (no ham coverage)

If you can’t find your site, look for the porta-potties!
SAG 3 Location

Ward’s Garage – Rt 113 Vershire, VT
SAG 3 Location

Ward’s Garage – Rt. 113 Vershire, VT
SAG 4 Location
SAG 4 Location
Friday SAG Cleanup and Pickup

- SAG Captains *should* know this, but…
  
  **What stays:** The porta-potty!

  **What’s picked up:**
  - Trash/recyclables are to be bagged and left with trash containers for pickup by a commercial waste firm
  - Water bottles are to be left for later pickup
  - Tables, chairs, and tents
  - Bike racks, water pumps, coolers, SAG signs, non-food supplies, etc. are to be picked up by a box truck. Left over food may be moved forward to another SAG, returned by the resupply truck, or given away by the SAG captain if not needed.
  - Lost and found items – tag and take to Info Tent at RMS
Ultimate Ham Lodging

**Dartmouth College** (Thursday night)
- Check in with Prouty registration: **Andres Dorm 3:30 - 5:30pm**
  - East Wheelock St. opposite the Gym, set back from road on quad
- Dinner is from **5:30 – 7:30pm** - early breakfast – 4 to 4:30am
- Check out of your room by 5:30am

**Dartmouth College** (Friday night)
- Check in at Ultimate Tent 12 - 4pm – See Christine Telge
  - After 4pm, go to the Prouty Operations Center (RMS Library)
- *Free* pasta supper at RMS 5-8pm
- Pastries, fruit, yogurt, coffee at RMS tents at 6am, or BYO
- Check out by leaving key in dorm drop box by 5am.
Andres Hall dormitory
Saturday – The BIG Prouty

- The main event!
- Start/Finish at Richmond Middle School (RMS) on Lyme Rd. (Rt. 10) Hanover
- Thousands of cyclists and walkers
- Tons of free food at RMS if you’re able to get back early enough to partake
First – New Simpler Routes!

- 20 mile – up and down Rt. 10
- 35 mile – up Rt. 10, down VT Rt. 5
- 50 mile – up Rt. 10, down VT Rt. 5
- 77 mile – up 10, Rt.25 loop, down 10
- 100 mile – Same as in past
- Rt. 5 riders cross back over to NH Rt. 10 from Thetford to Lyme via Rt. 113
- Late day re-directs for 50, 77, & 100 routes
- Look at your new maps to see the details
100 Mile Ride – Alternate Routes

- Benton Rd (Rt 116) – primary paved route
- French Pond Rd. – alternate “scenic” route with 1.5 miles of hard-packed gravel
Known Route & Traffic Issues

Saturday

- Warren parade starts at 11am
- Bradford Fair going on at same time
- Rt 25 Lane closure north of Warren w/ traffic lights
- Clarke Pond Rd segment closed – bridge work
  - Stay on Rt. 116 to Haverhill
- Two timed re-directs for 77 and 100 mile routes
  - 10:30 am at Rt. 10 & Rt. 25A
  - 12:30 pm at Rt. 10 at Rt. 25 and Brushwood Rd. junction
- 1:00 pm on Rt. 10 at Bridge St. for 50 milers
Saturday Frequencies

Program radios ahead of time

- 145.330 - 100.0 Hz (South - Hanover)
- 147.210+ 100.0 Hz (North - East Corinth, VT)
- Repeater failure: 145.330 simplex, 100 Hz tone
  147.210 simplex, no tone
- Simplex backups: 146.550, 146.580, 446.55 - no tone
- Dual SAG ops: 446.55 on handhelds for local use
- Northern areas: test with both repeaters to determine best signal. Relocate slightly if signal is weak on both.
- Mobiles only – no handhelds! They’re too marginal.
- No cross-band repeating – the repeaters seldom drop.
Saturday Cell Phone Coverage

- Fair to excellent Verizon service along most of Rt. 10 and Rt. 5. AT&T & US Cellular are not as good in most places.
- Spotty to no coverage on the Rt. 25A / Rt. 25 loop for all cell carriers
- If you are unable to reach NCS by radio but have cell service, call the Prouty Operations Center at 603-646-1593
Saturday SAG Locations

- 1 – Lyme town common, Rt. 10
- 2 – Fairlee town common, Rt. 5
- 3 – Mt. Cube Farm – Rt. 25C
- 4 – Warren – Fish Hatchery, Rt. 25
- 5 – Pike – Mt Valley Treatment Ctr, Rt. 25
- 6 – Woodsville – Coventry Log Homes, Rt. 135
- 7 – Bradford – Clara Martin Center, Rt. 5
- 8 – Orford (Gravel Ride) Rivendell Trail-head Rt. 25C)
SAG Resupply

- Each resupply truck services several SAG sites on a predetermined route
- All resupply items are on board the three roving resupply trucks
- No additional supplies are at RMS
- Don’t call unless it’s urgent – wait for the truck to arrive
- NEW! Pick up SAG Distribution Sheets from captains and return to net control at end of day
Rover and Rider Recovery Ops

- Check-in at the Garipay Field parking area on Reservoir Rd. between 5 and 6am with Verne Burden, N5IEP
- This is where you get your T-shirt, maps, loaner gear, etc.
- If using your personal vehicle – Verne will issue your rover supplies and emergency kits
- Ride-alongs (CAP and Chippers) – stay close to Verne so he can quickly pair you with your driver.
- APRS Coordinator: Steve W1HS – If you have been assigned a loaner APRS tracker, he will set you up.
- All APRS users: *Don’t head out until Net Control sees you on his screen. Call the NCS to confirm.*
- Check out the new Prouty Support Vehicles map
Ride Recovery – CAP* Vans

- 3 vans will move dropouts from designated SAGs to SAG 2 in Fairlee
- 2 vans will shuttle dropouts from SAG 2 to RMS via I-91 or Rt. 10 depending on traffic

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<thead>
<tr>
<th>Ride Recovery 1</th>
<th>Bradford &amp; Newbury</th>
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<tbody>
<tr>
<td>Ride Recovery 2</td>
<td>Orford, Mt. Cube, Warren, Pike</td>
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<tr>
<td>Ride Recovery 3</td>
<td>Woodsville, Newbury, Bradford</td>
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<tr>
<td>Ride Shuttle 1</td>
<td>Fairlee to RMS shuttle</td>
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<tr>
<td>Ride Shuttle 2</td>
<td>Fairlee to RMS shuttle</td>
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* Civil Air Patrol – US Air Force Auxiliary
Rover Sign Pickup – Saturday only

- Rover packets includes information on Prouty signs to be picked up as route sections close.
- Many traffic control signs are on side roads that are not visible – check your sign maps.
- Drop the signs off at the RMS gym along with the Prouty kits and supplies.
- If you can’t get them all because you’ve run out of space, drop them at the nearest SAG and go back out for the remainder and let us know!
Saturday SAG Cleanup and Pickup

- SAG Captains *should* know this, but…
  
  **What stays:**
  - Tables, chairs, and tents
  - Trash/recyclables are to be bagged and left with trash containers for pickup by a commercial waste firm
  - Water bottles are to be left for later pickup

  **What’s picked up:**
  - Bike racks, water pumps, coolers, SAG signs, non-food supplies, etc. are to be picked up by the resupply trucks. Left over food may be moved forward to another SAG, returned by the resupply truck, or given away by the SAG captain if not needed. Collect SAG distribution sheets.
  - Lost and found items – tag and take to RMS gym
General Info for Both Days

The following slides mostly pertain to operations on both Friday and Saturday
Loaner 2m Radios and APRS

- If you don’t have a 2m mobile, or APRS tracker, ask - we may have some loaners.
- APRS units are planned out well in advance. If you have your own, let Steve W1HS know and he’ll give you the parameters you’ll need to program into it to avoid data collisions and maximize your trackability.
- Make sure all loaner equipment is returned to Net Control at RMS when your shift ends.
SAG Stations

- Info packets are mailed and are needed during the event
- Arrive on site 15-30 minutes before opening time
- Find a good location that’s not in anyone’s way
- Introduce yourself to the SAG captain, rider recovery van, ham, passing rovers, and any medical staff on site – explain Amateur Radio’s role to non-hams
- Your T-shirt should be in the tote with the other supplies
- Let Net Control know you’re on the air
- Northern SAGs should test with both repeaters to determine best signal
- We plan to close SAGs on time, but actual closing time will be based on completion of the final route sweep
Power for Loaned Vehicles  
(Chippers, CAP and rented vehicles)

- DC outlets are always at a premium
- DC splitter cables are fine for APRS or light duty accessories, but not for 2m radios
- Be prepared to connect directly to the vehicle’s battery, or bring your own large deep cycle battery
- We will have a few long loaner power cables with PowerPole or OEM-T connectors
Rover Duties (1)

- Small patrol areas, between two SAGs or other points
- Look for problems – broken bikes, accidents, road hazards, traffic issues, riders obviously having difficulties - (consider bringing a heavy push broom)
- Shuttle worn out riders and broken bikes to designated SAGs for Rider Recovery pickup
- Report ONLY those issues you cannot deal with on your own, or if they are likely to re-occur
- Stay in your patrol area unless dispatched elsewhere
- Some patrol areas overlap or are doubled up
Rover Duties (2)

- Bike techs will be at EVERY SAG!
- Remember, we are *NOT* police or medical first responders. We are there to provide event support and help enhance rider safety.
- Route sweep – most Rovers will be asked to sweep their route section after the last known riders have passed
- Sign pickup – All SATURDAY Rovers will need to help pick up Prouty signs after the route is closed – this is important.
APRS

- APRS tracking lets us get help to someone more quickly
- We don’t have to call several stations to see who’s nearest
- APRS helps cut net traffic by more than half
- If your APRS tracker stops working, we’ll let you know and try to arrange for Trouble 1 or Trouble 2 to meet up and fix or replace it.
- New APRS coordinator – Steve W1HS
Spoken Prouty Message Precedences

- **Emergency**: Missing children, 9-1-1 calls for serious injuries, serious accidents
- **Priority**: Missing adults, road hazards you can’t fix, dangerous drivers, 9-1-1 calls for less serious injuries, minor accidents
- **Recovery**: Pickup requests and information
- **Repair**: Broken bikes
- **Routine**: Everything that’s not time critical
Operating Do’s and Don’ts (1)

- Formal Directed Net – call NCS only
- Call NCS with your TACTICAL call sign and message precedence. End the exchange with both tactical and FCC call signs.
- To call another station, do it like this: “Net from SAG 4, routine – direct with Rover 3-4?” Once NCS says “go direct,” keep exchange short.
- Plan what you are going to say before transmitting – keep it short and to the point
- Say “nine-one-one” – NEVER “nine-eleven.”
Pay close attention to the net for at least 15 seconds before calling with **Routine** or **Repair** traffic be sure NCS isn’t already dealing with another issue.

Be patient. Don’t interrupt unless you have a **Priority** or **Emergency** precedence message.

Reduce net congestion!
- Don’t tell Net Control where you are – that’s why we have APRS
- Don’t tell us you’ll be away from the radio unless it will be for an extended period
- Don’t ask for resupply – call on cell phone, or wait for the truck to arrive
Medical Emergencies (1)

- Call 9-1-1 immediately by cell phone
- If no cell service, call Net Control and we’ll call 9-1-1 for you
- 9-1-1 calls are **Priority or Emergency precedence** depending on severity of injuries
- Report to NCS the bike plate number and ambulance destination of those called in to 9-1-1 – **Routine precedence**
- Anyone has a *legal right* to refuse medical care or transportation. Ambulance and first responders should have “refusal” forms.
Medical Emergencies (2)

- We are *NOT* first responders, and we don’t make medical decisions
- Defer treatment to trained medical persons
- If basic first aid or life support (airway, breathing, circulation) is needed, and no medical staff is on site, you may do so as a bystander *to the limits of your training*.
- If you start providing care, only relinquish control to someone with equal or higher training and don’t abandon your patient.
Missing Persons

- This procedure applies to *all ages*
- Immediately notify Net Control – “Emergency” *Precedence* for children, “Priority” for adults
- Ask individual reporting the missing person to stay with you so Prouty Ops staff can ask any questions needed to fill out a missing person report for police
- Information needed will include name, age, full description, clothing, location last seen, last known companions, physical condition, rider experience, contact persons, etc.
- Everyone will be asked to watch for missing riders
Vehicle/Vehicle & Vehicle/Bicycle Accidents

- Both parties in an accident are **LEGALLY required** to render assistance to the best of their ability, and immediately notify police.

- Notify Net Control of ANY observed or reported accident.

- Your packet includes an accident report form which must be completed and returned to Net Control for insurance purposes – **this applies to any vehicle used on behalf of the Prouty**
Weather Emergencies & Shelters

- In the event of a severe storm (lightning, high winds, hail) a number of designated shelters have been arranged for riders.

- Riders should be encouraged to seek shelter any time conditions reach the **Warning** stage.

- Shelter information will be in the package of information you received in the mail, and in the information provided to SAG captains. Most shelters are at or near SAGs.
Weather Emergencies

- Thunderstorms & heavy rain
  - Riders should quickly seek shelter from T-storms
- Direct riders to shelter nearest them
- Pick up and move riders if necessary
- Radar problems
  - Poor coverage from both Burlington & Gray
  - Pop-up thunderstorms can surprise us
Emergency Shelters

- Shelters for both Friday and Saturday
- Shelters on indicated on all maps
- Saturday shelters are located near each SAG and points in between
- Prouty Operations at Net Control will have shelter locations and contact information
- Shelters will be open and ready to accept riders at all times (except Bradford Fire St.)
Transport Notification for Rovers

- If transporting a rider in your vehicle, regardless of age or sex, notify Net Control of the bike plate number, pickup location, and destination SAG before leaving.
- Notify Net Control immediately upon arrival.
- Net Control will log times and bike plate numbers for everyone’s protection.
- This does not apply to CAP recovery vans.
- Use provided luggage tags to mark bikes or gear being transported without the rider.
Route Safety (1)

- Riders have been instructed as to expected behavior, but some don’t mind the rules.
- Be courteous and professional. *Gently* remind anyone causing a hazard by riding two or more abreast into the traveled lane – EXCEPT when it’s a large group “drafting” along together – let them be.
- Pass riders slowly and carefully.
- Report any road hazards you can’t deal with on your own to Net Control – bring a heavy duty push broom?
- Report dangerous or aggressive drivers by calling 9-1-1 or Net Control, as needed.
Route Safety (2)

- Report any responding emergency vehicles traveling on a bike route so that others on the road can warn riders and keep the road clear.
- Report any rain, lightning, thunder or other dangerous weather.
- Report any activity or situations that will add to important situational awareness.
- All route safety reports are **Priority** traffic.
Bike Repairs

- Your Rover kit will include basic bike tools and repair parts. Assist to the best of your ability.

- If you can’t help on the roadside, transport bike and rider FORWARD to the next SAG. If no repair person is on site, the next Rover can move them forward to the next SAG.

- The loaner helmet in your kit is for anyone who needs it. Ask them to return it to RMS.

- Make sure all repair kits are returned to RMS.
Route Sweeping (1)

- We need to be sure all riders are clear from each segment of the bike route, and inform any police/volunteers that the route is closed.
- This may mean slowly tailing the last rider.
- Rovers should sweep forward as the last known rider passes through a SAG. At that point a SAG may officially close.
- Last riders’ plate numbers should be kept track of and passed along to the next section’s Rover via the NCS.
Route Sweeping (2)

- If it gets too late, NCS may ask you to try to pick up the rider and move them forward.
- Riders who don’t want to be picked up can be told that support for that section will be ending as of a time provided by NCS.
- More than one sweep may be assigned in known problem areas.
End of the Day Tasks

- **Rovers** - When your job is over, turn in all supplies, route signs, and Prouty equipment to RMS gym
- Return any borrowed radios, antennas, and APRS units to their owners or to net control at RMS, as appropriate
- Bring lost & found to RMS gym – high value to library
- Grab some food if you can get back early enough
- Return any accident forms to Net Control
- Let Prouty Operations Center staff know of any unresolved problems
RMS Parking

- Parking next to the school is limited and tight.
- Everyone returning items at the end of the day can come into the service parking area and drop off, but if you want to stay and talk, please move your car to the Dartmouth Printing parking lot next door (North).
- Your magnetic Prouty sign should get you waved past the volunteers at the gate.
Parking and Drop-off Areas

- Dartmouth Printing
- VIP & Handicapped parking
- Front Entrance
- Drop-off area
Thanks!

You have no idea how much the Friends of Norris Cotton Cancer Center and the Center’s management and staff depend upon and appreciate what NH-ARES, the Twin State Radio Club, and Amateur Radio community at large have done to support The Prouty for the last 30+ years. This event could not be done safely or efficiently without our efforts.

From the entire Prouty leadership team,

Thank You!