

Emergency Communications plan, to include who the safety officer for the event will be, and their phone number.

Safe Officers/Staff are:

- Paul Vanderheiden – Race Director (970) 430-5124

There is a sweep truck that will be following the last runner.

How will communications be conducted in the event there is limited/no cell phone service?

As explained in the attached Relay Handbook, due to the isolated nature of the route, teams are to use their judgment as to the best course of action: would EMS response be quicker to call an ambulance, or if in an isolated section of the course without cell phone coverage, to load their injured runner and transport them to an area with cell phone coverage, or even to a hospital. Suggestions of the closest hospital with maps are also included in the handbook

Detailed traffic Control Plan, to include where race marshals will be located, where flaggers will be located (dangerous crossing locations), and how will runners be kept safe during hours of darkness?

Race Marshals are located at each of the runner exchanges. There is a minimum of two. One Race Marshal manages the Runner Exchange Zone, keeping it orderly and clear for the approaching and departing runners. The second Race Marshal is the Parking Monitor located in the parking area. If the exchange is on the opposite side of the road, there will be a third Race Marshal who gives the all clear to the runner to cross. If there are additional race marshals, they will act as spotters, announcing the incoming team or as additional Parking Monitors.

All Race Marshals are responsible for keeping runners off the road.

In Larimer County, there are two locations where there are Race Marshals to assist runners crossing a road. The first is at the intersection of Hwy 1 and CR-58. There are two race marshals there to stop and hold the runner until it is clear for the runner to cross.

The second location is at the intersection of US 287 and Red Feather Lakes Rd. Runners are instructed to turn left on Hwy 287 off CR-80 and to run on the shoulder *facing traffic*. At the Red Feather Lakes Rd intersection, there will be three race marshals (the Larimer County Dive and Rescue group has done this in past years and will be assigned to this location again this year) who will hold the runner, survey traffic, and then instruct the runner to run directly across 287 to the race marshal on the opposite side.

Colorado State Patrol positioned two officers in a squad car to monitor the US 287 and Red Feather Lakes intersection.

By the time dark approaches, most runners are on CR-103 if not across the state line and in Wyoming. The last few runners may still be on Deadmans Road approaching CR-179 and 103. My goal is to have all runners close to CR-179 before dark, but some teams misrepresent their pace so are behind the running pace based on the starting time I've given them.

The first wave of runners starts at 5:00 AM from the Budweiser Tour Center and are on CR-52 and CR-11. The rules are that before sunrise and after sunset, ALL runners must wear a reflective vest, carry a headlamp or flashlight, and wear a blinking red light on their back.

Runners start in waves a minimum of 20 minutes apart, so there is never a large pack of runners, they are spread out and running in single file on the shoulders of the road.

In addition, each year of the relay, I have hired one or two off-duty Larimer County Sheriffs who patrolled the first ten miles of Red Feather Lakes Rd on motorcycles to monitor both normal and relay traffic for speeding and safety.

EMS Information: Who will be providing emergency medical services? Where will they be located?

Based on feedback from EMS, there was no need to have paramedics or ambulances out on the course, and if there was a problem, to them call 911. It was explained above the procedure for teams in areas with no or poor reception.

I've attached both the Relay Handbook and the Leg Map Handbook which cover safety awareness for the teams and runners.

If you have any further questions or need clarification, please do not hesitate to contact me.