

2007 SAG/HAM OPERATOR GUIDE

FOR THE MS BREAKAWAY TO THE BEACH BIKE RIDE AND THE MID-ATLANTIC CHAPTER

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Job Descriptions

SAG

SAG stands for Support and Gear. Regular SAG vehicles (usually pick-up trucks or vans) patrol back and forth between each rest stop to transport a cyclist and their bike ahead one rest stop for mechanical or medical reasons, or just because they're tired. Emergency bicycle repairs provided by volunteer mechanics from sponsoring bike shops will be available at each rest stop.

PURPOSE: Transportation and communications along the route

- Check in each day to pick up your box of water, food, and supplies.
- Transport cyclists needing repairs or minor medical attention forward to next stop.
- Pick up anyone who's simply too tired to pedal. If cyclists don't want to ride anymore that day, let them know they can leap-frog via SAG up to the lunch stop where the Super SAG can take them straight to the finish line.
- Offer water, supportive words and a smile when you pick up a cyclist.
- Pick up volunteers if more support is needed at a rest stop.
- Transport food, water or supplies if a rest stop has a shortage.
- Fill out the appropriate forms for each transport.
- When patrolling the route, drive with your hazard lights flashing. Drive cautiously. Keep alert, and look for signs that might indicate trouble (such as a bike at the side of the road with no rider in sight). Don't shadow riders; it makes them nervous.
- Remember: as the day goes on riders grow wearier and more of them will be shuttling.
- Whenever you pass a police officer supporting the bike ride with traffic control at an intersection, share your food and a drink of water.
- At the end of Saturday, turn in your supply box at Broadway. It will be restocked and waiting for you Sunday morning.
- Completed incident report forms should be given to the HAM to be forwarded to net control

Medical Emergencies -- IMPORTANT INFORMATION

- Review samples of all incident report forms prior to the bike ride. Fill out for any incident.
- In the case of severe medical problems, do not move the rider. Radio for paramedic support.

HAM Descriptions:

Director's Shadow

A Director's Shadow is partnered with a National MS Society staff member to provide communications concerning important issues and problems that arise during the event.

Experience working a NMSS event is preferred.

Start/Finish

This HAM is stationed at the start/finish location for each day.

In the event of a medical emergency, this HAM notifies the event staff so that they can prepare for the arrival of the cyclist's family (retrieve the cyclist's belongings, etc.).

Motorcycle Monitors

Motorcycle Monitors monitor the flow of the bicycles, assist law enforcement officers with traffic control if requested, and communicate with medical volunteers.

You may be the first on the scene of an accident. You must have a reliable HAM radio and be able to effectively communicate your location at all times

All Motorcycle Monitors are required to wear a helmet.

Physician's Shadow

Physician's Shadows are partnered with a physician mobile on the route. Your team will be responding to any medical situation that may arise during the ride. These situations can vary greatly from road-rash to broken bones to diabetic crisis.

You must have a reliable mobile radio and be able to effectively communicate your location at all times.

Rest Stops

Cyclists stop at rest stops for food, drink, medical support, mechanical support or just to simply take a break. Each route has at least six rest stops.

Rest Stop HAM Operators provide communications concerning supplies and medical problems at the rest stops. When you first arrive at your rest stop, introduce yourself to the rest stop Captain, the bike mechanics, and the medical person. Explain that you are there to provide communications with the event organizers. Very early during the net, the net control will ask you the status of your rest stop. You then reply that you are fully staffed, have all your supplies, and are set up and ready to go.

Take names! When a supply truck pulls into your rest stop, note the truck number (ie.: NC6) and ask the driver his name. Keeping track of the trucks that come to your rest stop will help the net run more smoothly should a particular truck or driver need to be found.

Things to take with you: a personal water bottle (cups are not provided at the rest stops), folding chair, and personal shade (ie: umbrella/tarp).

SAG (Support and Gear)

SAGs are volunteers who drive the support vehicles along the bike route to pick up riders and bikes as needed. Vans with bike racks and pick-up trucks are the preferred vehicles for transporting bikes and cyclists. SAG drivers need to be able to drive and maneuver a through tight cyclist and pedestrian areas. You will need to be able to load bicycles onto your vehicle sometimes without assistance. You may be first on the scene of an accident and must be able to effectively communicate your location at all times.

Sweep / Broom

The Sweep HAM drives behind the last cyclist. This person notifies intersection monitors, police, and rest stop workers that the last cyclist has passed their location.

This position requires a lot of patience and a vehicle that won't overheat rolling at a slow speed all day.

Elena's Suggested Packing List

This list certainly isn't everything that you may want to bring along -- just a few suggestions. Suggestions for improving this list are encouraged.

EVERYONE

- | | |
|---|--|
| <ul style="list-style-type: none"> • Sidewalk chalk (For marking intersections, pot hole warnings, words of encouragement) • Lawn chair • Duct tape (No, I don't know what for. Its a guy thing.) • Broom (For sweeping gravel, sand, glass, the bed of your pick-up, etc.) • Rags, paper towels, Handi-Wipes, and more. • Towels (In case of rain, for wrapping cold cyclists, to dry vehicle interior, EMT splint, etc.) • Route maps • State maps (should you get off the route) • Frequency list (to share) • Batteries, batteries, and more batteries • Extension cords (for recharging batteries) • Battery charger • Radio Manual | <ul style="list-style-type: none"> • Club shirt, jacket, or hat • Drink container (No paper cups at the rest stops.) • Extra change of clothes (You never know how you'll get wet.) • Extra pair of dry shoes (in a plastic bag) • Rain gear (No matter the forecast. No umbrellas - they tend to attract high winds.) • Toiletries • Jacket in case of cooler weather • Medications • Travel alarm clock • Sunglasses, lip balm, sunscreen and insect repellent • Emergency cash and credit card |
|---|--|

Rest Stop Workers

- Lawn chair
- Sun shade
- Batteries, batteries, and more batteries
- A good antenna
- Jumper cables (In case you're running your mobile rig without running your engine.)
- Sound isolation headphones

SAG Vehicles

- Batteries, batteries, and more batteries
- A good handi-talkie for when you're away from your vehicle
- A home equity loan for refilling your gas tank

Camping

- Ground cover, cot, or Harris Teeter inflatable mattress
- Sleeping bag or bed roll
- Pillow
- Batteries, batteries, and more batteries
- Personal tent
- Travel alarm clock
- Towel for shower

Optional Extras

- Cooler with ice, favorite beverages and snacks
- Camera and film
- Fan
- Tarp (for sun shade, for rain cover, for etc.)

SAG Do's
compiled by
KC4YPB and the W4BFB gang

Cyclists are a strange lot, they ride for hours just watching their front tire turn. They are not watching for us, we're there to watch out for them.

1. Be an active listener -- ALWAYS LISTEN on the right frequency.
2. Safety first -- for both you and the riders. Cyclists are very exposed and vulnerable to vehicles, we at least have a vehicle for protection and to be seen by other vehicles.
3. Always drive with your 4-way flashers flashing.
4. Always be cognizant of your location relative to Rest Stops. When you happen upon an accident, be able to give your location accurately. (Example: 2 miles past rest 3, or 1.5 miles before rest 1).
5. Use massive amounts of common sense!
6. The word "Break" is used ONLY for medical emergencies!
7. Watch for riders weaving, wobbling, or obviously laboring. They may be exhausted, overheated, or worse. These are the ones who might need help or water.
8. Closer attention is warranted to more elderly, obese, or very young riders.
9. While keeping cyclists far to the right is preferred, we have no authority to enforce it. However a gentle friendly reminder to stay to the right may help. Please **DON'T** honk.
10. Intersections (especially busy ones) demand special attention. Remember that riders may be fatigued and attention may be lax.
11. When high-speed traffic and bicycles mix, motorists get impatient and upset. This might cause dirty deeds (throw objects, run riders off the road, etc). Our job is to get vehicle descriptions, occupant descriptions, tag number (most important), check for injuries, and advise net control. Avoid altercations or chases of suspects.
12. Each rider has paid entrance fees, obtained pledges, and some have very expensive cycles with fancy paint jobs. They deserve respect and courtesy, they are hot, tired, and sweaty, so try to overlook minor transgressions. Friendly words and cheerful smiles go a long way to disarm flaring tempers. Together they are raising nearly \$2 million.
13. Keep net traffic to a minimum. Use simplex (446.100) to communicate with other SAGs to determine the direction of travel. Try to maintain a reasonable distance between SAGs.

14. Helpful tools: jackknife, screwdriver, vice grips, wrenches, duct tape, tire pump, rags (instead of your tee shirt to wipe bike grease).
15. Wave, Smile, and give encouragement to the riders.
16. When you transport riders, make sure they sit in the bed of your truck, not on the side rails of a pickup bed.
17. When you have finished your first assignment call Net Control and request another one.
18. Don't tailgate too closely to bicycles (nervous bikers get irritable).
19. Look for traffic hazards, don't be one.
20. If you are running APRS, please notify net control at the beginning of the day.
21. Be an active listener -- ALWAYS LISTEN on the right frequency.

Pages 8 thru 14
are intentionally missing.

2007 Breakaway to the Beach Emergency Contact List

Important Staff and Volunteer Numbers

Name	Number	Reason to Call
Anne Marie Forbes		
Chapter President.....	704-906-8393.....	Emergencies
Matt Honeycutt		
VP of Development.....	803-242-8685.....	Start/Finish, Broadway at the Beach
Allen Webb		
Route Coordinator.....	704-564-3393.....	Route/Logistics
Kathy Penna		
Rest Stop Coordinator.....	843-236-3887	
Cindy Hartman		
SAG Coordinator.....	803-438-8305	
Fairfield Inn (Staff Hotel).....	800-217-1511	
Broadway at the Beach Information Center.....	800-386-4662	

Local Numbers

Office	Numbers
Emergency.....	911
Horry County Sheriff.....	843-915-5450
Conway Police Department.....	843-248-1790
Conway Fire Department.....	843-248-1720
Loris Police Department.....	843-756-4000
Myrtle Beach Police Department.....	843-918-1000
Myrtle Beach Fire Department.....	843-918-1192
National Poison Control Center.....	800-222-1222
Horry County Emergency Management Agency.....	843-915-5150
Grand Strand Regional Medical Center.....	843-692-1000
Loris Healthcare System.....	843-716-7000
Conway Medical Center.....	843-347-7111

Hospitals

Grand Strand Regional Medical Center

809 82nd Parkway
Myrtle Beach, SC 29572
Phone: (843) 692-1000

Driving Directions

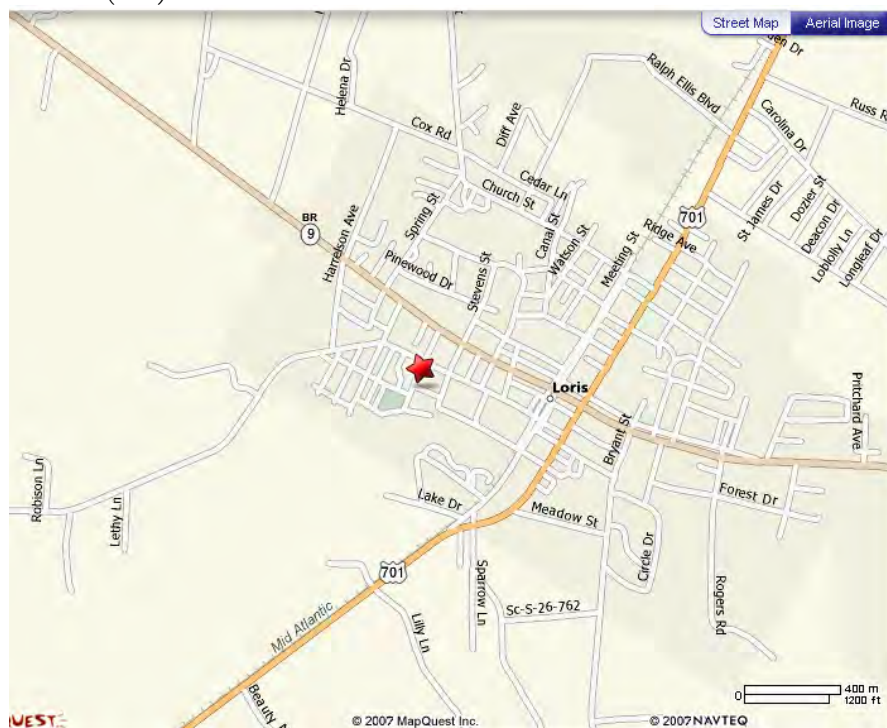
Grand Strand Regional Medical Center is located on 82nd Parkway in Myrtle Beach. The hospital is approximately five miles north of Broadway at the Beach. The hospital can be accessed by Bypass 17 or Business 17. If traveling on Bypass 17, turn directly into the hospital parking lot; if traveling on Business 17, turn onto 82nd Parkway and follow the signs.

Parking Information

Free parking is available at the hospital. Dedicated parking is available for Emergency Department patients and Cardiac/Pulmonary Rehabilitation patients. Visitor parking is located in front of the hospital. Please follow the signs on the campus.

Loris Healthcare System

3655 Mitchell St., Box 690001
Loris, SC 29569-9601
Phone: (843) 716-7000



Conway Medical Center
300 Singleton Ridge Road

Conway, SC 29526
(843) 347-7111

FROM HWY 17S, 17N or 31S from N. MYRTLE BEACH/MYRTLE BEACH/SURFSIDE/CHARLESTON:
Exit Hwy 17 Bypass or Hwy 31S at Hwy 501/Conway exit. Follow Hwy 501 for approximately 8 miles from 17 Bypass or 6 miles from 31S. There will be a Holiday Inn Express and Burger King on your left and the Fowler Motors Cadillac/BMW/Jeep dealership on your right. Turn Left at this red light and follow this road (Singleton Ridge Road) around the curve and you will see Conway Medical Center on your left. Turn in at the entrance where the Conway Medical Center sign is located. Take your first right into the Visitors Entrance Parking lot. Inside the Visitors Entrance, a receptionist can direct you further.

Aynor Family Practice

Exit Hwy 17 Bypass or Hwy 31S at Hwy 501/Conway exit. Follow Hwy 501 until you get to Aynor. The first stop light in Aynor-take a left. Aynor Family Practice is approximately 2 blocks on right.

FROM HWY 501/FLORENCE/MARION:

Follow Hwy 501 through Conway going towards Myrtle Beach. You will pass Coastal Carolina University and Horry Georgetown Technical College on your right. At the red light after Horry Georgetown Technical College you will turn Right onto Singleton Ridge Road. There will be a Burger King on this corner. Follow this road around the curve and you will see Conway Medical Center on your left. Turn in at the entrance where the Conway Medical Center sign is located. See the instructions above for your location from this point.

Emergency Department

Upon entering at the Conway Medical Center sign from Singleton Ridge Road, follow the road around the left side of the hospital. The Emergency Department entrance will be on your right across the street from the Wellness & Fitness Center. The parking lot will be on your left.