**INSTRUCTIONS**

**CYSTIC FIBROSIS FOUNDATION**

**CYCLE FOR LIFE**

**OCTOBER 7, 2018 - Sunday**

Thank you for your support of this Cystic Fibrosis Foundation event. Community service is an important part of the amateur radio hobby. Our Club has provided communications for this event for many years.

**Here are the assignments:**

**Event Coordinator: Mike KK6GLP**

**Net Control Shift 1: Greg KO6TH, Joe KN6FH, Nathan K6NDC**

**Net Control Shift 2: George KG6LSB, Al NI2U**

**Rest Stop 1, McBean Park: Jeremiah W6DLO**

**Rest Stop 2, Lavender Farm: Jim WA8MPA, Jeff KM6RGO**

**Rest Stop 3, Newcastle: Richard WA6RWS, Jon KF6LMD, Talia KM6UMY**

**Rest Stop 4, Fire Station: Richard KI6UOV**

**SAG Vehicle 1: Ed W6OSC**

**SAG Vehicle 2: Les KG6NME**

**SAG Vehicle 3: Jason N6JDX**

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| **Position** | **Location** | **Times** |
| **Net Control (Start/Finish)** | Loomis Basin Brewery, 3277 Swetzer Road, Loomis 95650 | **Shift 1** / Start: 0630End: 1030Total Time: 4 hours 30 minutes**Shift 2** / Start: 1030Close: 1445Total Time: 4 hours 15 minutes |
| **Rest Stop 1** - 30 and 62 mile routes | McBean Park, Lincoln 95648 | Start: 0745First Rider ETA: 0805Last Slow Rider ETA: 1037Close: 1100Total Time: 3 hours 15 minutes |
| **Rest Stop 2** - 62 mile route | Bywater Hollow Lavender Farm, 5950 Mt Vernon Road, Lincoln | Start: 0900First Rider ETA: 0920Last Slow Rider ETA: 1045Close: 1100Total Time: 2 hours |
| **Rest Stop 3** - All three routes | Newcastle Stop and Go parking lot, corner of Newcastle Road and Indian Hill Road | Start: 0925First Rider ETA: 0945Last Slow Rider ETA: 1205Close: 1215Total Time: 2 hours 45 minutes |
| **Rest Stop 4** - 62 mile route | South Placer Fire Station 19, 7070 Auburn Folsom Road, Granite Bay 95746 | Start: 1015First Rider ETA: 1035Last Slow Rider ETA: 1326Close: 1330Total Time: 3 hours 15 minutes |
| **Vehicle Assignments** |
| **SAG Vehicle 1** -62 mile route | Covers all four Rest Stops | Show Net Control: 0700Depart: 0730End: 1445 |
| **SAG Vehicle 2** -30 mile route | Covers Rest Stops 1 and 3 | Show Net Control: 0800Depart: 0830End: 1330 |
| **SAG Vehicle 3** -15 mile route | Covers Rest Stop 3 | Show Net Control: 0900Depart: 0930End: 1145 |

Here is website information:

15 miler: <https://ridewithgps.com/routes/23286430>

30 miler: <https://ridewithgps.com/routes/23387396>

62 miler: <https://ridewithgps.com/routes/22864810>

Website: <http://fightcf.cff.org/sacramentocycle>

***IMPORTANT: 1) In the event of a medical emergency, dial 911 first, then inform Net Control of the situation. 2) Never transmit a rider's name over the air - identify the rider by their bib number.***

**All Operators:** Please provide all 2m equipment needed to operate at your position. Use of an orange vest is optional, but wear your Club ID badge if you have one. Bring sunscreen and a hat. If you have a CFF tee shirt from prior years, please bring it, otherwise CFF will provide a shirt. **Please provide me your size if you need a tee shirt.** You are welcome to lunch provided at the Start/Finish, at the end of your shift.

All operators will use the Channel 1 (W6EK 2m repeater) frequency (see SFARC Event Frequencies below), unless Net Control directs otherwise.

On each route, **Ride Marshals** on bicycles will follow all riders. Their job, besides helping riders as needed, is to ensure no riders are behind them. (It is understood that riders ahead of them may veer off course, to return to the starting point early, and the Ride Marshals cannot be aware of this.) The Ride Marshals, being the last person on the route, will announce the closure of each Rest Stop.

**Net Control Operators:**  Mike KK6GLP will provide a 2m repeater antenna unless you want to use your own antenna. Please keep a log of all pertinent communications. CFF will try to locate us in an area with power (and far from loud music), but have battery power as a backup. CFF will provide a pop-up, table, and chairs. Bring an extension cord. The CFF contact at Net Control is **Lisa Orchard**.

**Rest Stop Operators:** You do not need to show to Net Control. Please check in with Net Control as soon as you set up. You may close upon confirmation by the Ride Marshal of the last group to go through. Note that multiple groups may go through your rest stop.

**SAG Operators:** Show to Net Control. You will provide your own vehicle. You will sweep your route between the first rider and the Ride Marshal, assisting any riders where necessary. You may need to transport a rider and their bicycle to the next rest stop, or back to Net Control. You may carry supplies between Rest Stops. The links to the route maps are provided above.

Please contact Mike Perry KK6GLP with any questions.

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| **SFARC EVENT FREQUENCIES** |
| **CHANNEL** | **NAME** | **FREQUENCY** | **OFFSET** | **TONE** |
| **1** | **W6EK** | **145.430** | **-** | **162.2** |
| **2** | **Roseville** | **146.640** | **-** | **156.7** |
| **3** | **Loomis** | **146.985** | **-** | **94.8** |
| **4** | **K6IOK** | **145.130** | **-** | **114.8** |
| **5** | **TAC 1** | **147.570** |  |  |
| **6** | **TAC 2** | **145.580** |  |  |
| **7** | **TAC 3** | **146.490** |  |  |
| **8** | **TAC 4** | **146.580** |  |  |
| **9** | **TAC 5** | **146.550** |  |  |
| **10** | **TAC B** | **446.500** |  |  |
| **11** | **TAC C** | **441.000** |  |  |