

## **Mount Marathon Race**

### **Women's Race Sweep Procedure 2016**

There are Five (5) Members of the Sweep team and for clarity they will be alphabetically labeled. **(A)** is the lead personnel and will be designated to instruct other members their specific duties and requirements. All team members will have radios and safety vest. The lead will have the only Radio assigned that will have extra channel sync to the Seward Fire Dept.

1. At approximately 2:00 pm **(A), (B) & (C)** are staged at midway/turnaround check point before race starts.
2. **(D)** is staged at the base of mountain, and as the racers pass by making their way up the mountain from the base **(D)** will be visually monitoring all the racers as they proceed up their chosen routes.
3. **(E)** is staged at the back of the pack of the second wave of runners. **(E)** Will follow the racers from the starting line to the base of the mountain. **(E)** Will follow the race from 50 feet or more back from the last racer, giving the runners room to pace themselves.
4. **(D) & (E)** will meet up at the base of the mountain, following the racers up and they will both take different routes up from the base, one going up the Switchback and one up the Roots. As they follow the last racers to midway they can also render assistance to any runner if needed. Keep in mind that accepting aid along the route disqualifies the runner from the race (except first aid and water). As **(D) & (E)** move up the mountain they will provide radio contact with **(A)** to indicate movement and progress of the racers.
5. **CUT OFF / TURN AROUND** - After 1 hours' time into the race (second wave) the race official at the time clock will notify **(A)** sweeper to stop any racers who have not met the time requirement at midway, **NO EXCEPTION!!!!** Record the numbers of the disqualified runners and radio them to the finish line, make every attempt to have the racers turn around and head down the mountain safely. Racers that insist on continuing up will be disqualified from all future races and should be reminded of this.
6. **(B) & (C)** sweep will then follow the last runner that passes the check point and follows them to the top and back down to midway, visually inspecting the entire route and surrounding area.
7. **INTENSE DOWN SWEEP BEGINS** - When **(B) & (C)** reach midway the entire team will gather for final instruction. The team will separate into two (2) teams and proceed down the mountain.
8. **(A) & (B)** will proceed down the **Up Trail** and **(C), (D) & (E)** will proceed down the **Down Trail**
9. Sweepers will proceed down in a coordinated fashion so that one group does not get ahead or separate as a team. Where the trail spits or merges with another trail the sweepers will need to separate and verify that all side trails have been inspected.
10. All sweepers should arrive at the base roughly at the same time, with one exception, **(B)**. At top of Cliffs/Lower Crossover **(B)** walks out the "Hiker's/Jeep Trail"
11. **(A)** will go down the cliffs, **(C)** takes the gut to Upper Crossover trail, if conditions are safe **(D)** will go down the Waterfall and **(E)** goes down Switch Back.
12. All sweepers will meet at the **Ski Patrol/First Aide Station** located at the base of the mountain. A call will then be made to the **RACE OFFICIALS** that the sweep team is "OFF THE MOUNTAIN".
13. All Radios and Safety vest will be turned in and stored in the MMR storage tote located at **Ski Patrol/First Aide Station**.