

REST STOP STANDARD OPERATING GUIDELINES

Buses will be available at the Deadwood Rodeo Grounds across from the First Gold Hotel and Casino at 7:00 a.m. to transport Marchers/Runners to Rochford, the start of the event. Personal vehicles can be parked in the Rodeo Grounds parking lot as the Rodeo Grounds is also the finish.

I suggest coming up the day before the event so you are familiar with your rest stop location. If you wait until the day of the event you will be trying to find your rest stop in the dark. Most rest stops are at Trail Heads. The Trail Heads are not all clearly marked so strip maps with grid coordinates of all rest stops will be available at the registration area on Friday, the day before the march.

The race starts at 8:00 a.m. from Rochford. The first couple of rest stops need to be set up before then. The remaining rest stops could probably make it to the start for the opening ceremony but need to quickly get to their rest stop so that they are ready in case we have any serious runners.

At a minimum you need enough water, Powerade or Gatorade and cups for about 200 people. Most everyone will stop to have a cup or two of each at every rest stop. Some will fill their camel backs at your rest stop so you may need more fluids than a glass or two per marcher. A folding table to put everything on is helpful. Two to three weeks prior to the event you will get an accurate number of those registered for the March. Other items to possibly have that are popular are apples, oranges and bananas. Bring a knife as you may need to cut up the fruit prior to them arriving at your rest stop. You can have whatever other snacks you want. The further into the race the marchers go; the hungrier the marchers get and the more they want more solid foods. Trail Mix and Oreos are favorites.

You are encouraged to find a business or organization to help sponsor or even help with your rest stop. Some may have already worked these rest stops so you know what works. If this is your first year please contact others listed at the end of this document from the other rest stops with questions. You are more than welcome to put a sign up at your rest stop identifying who is sponsoring your rest stop.

Moist towelettes or hand wipes are nice especially after you just ate some fruit. There will be porta-potties or out house at every rest stop.

Please bring your own garbage bags / garbage cans. Place at least one garbage bag quite a few yards down the trail so that those who continue to march and do not stop can throw their garbage away and not have to carry it. We want to leave the trail clean, the way we found it.

Marchers would appreciate having a dry place to sit to change their socks or take care of their feet. We cannot predict the weather; I suggest having a tent and some folding chairs.

Bicyclers will follow the last marcher, when the bicyclers arrive you know that you can pack up and move to the next rest stop to see if they need anything you may have left over. The bicyclers will be picking up mile marker signs, garbage and race chips from marchers that may drop out.

Please take the signs and any garbage from the bicyclers and transport them to the finish. The bicyclers will let you know if someone dropped out and is in need of medical support. You may have to transport someone who has dropped out or is in need of medical attention. The closest hospital is in Deadwood. You should make sure you know the hospital's location, **Lead Deadwood Regional Hospital** (605) 722-6101. You can always call 911.

We plan to use the State radios. Please bring your unit's radios. Call on the State radio if you do not have good cell phone reception and the event coordinator will call 911 for you. Make sure you provide accurate information. Please plan on bringing your unit's State radio. We will be using TF 1-147th's radio dispatch. Zone 1, Channel 7, scan list 2. When the first marcher/runner arrives at your rest stop; call ahead to the next rest stop to let them know so they can be prepared. Once all of the marchers have cleared your rest stop, please get on the radio and let everyone know. It is important that we know where that first runner is so that the finish is prepared. We must use call signs and proper radio procedures. All rest stops will be identified by the word AREA followed by your rest stop number. The finish will be RODEO ONE and the event coordinator will be RODEO TWO. We must keep radio communications to a minimum so the radios are free for emergencies. The use of these radios is a luxury that we may lose if we do not follow a few simple rules. Others can hear us on these radios so it is important to use them properly.

Once you have cleaned your rest area you are encouraged to move onto another rest stop. You may want to skip the one right after yours and move onto the one after that. Ask that rest stop if they need help or are running out of food or drink. We believe most rest stops are going to be self-sufficient, but will not know for sure until the day of the March. Please plan on going on to the finish and cheer the marchers on as they finish the march.

Try not to provide any medical support unless you have someone medically qualified at your rest stop. Our goal is to have qualified medical personnel at each rest stop. The web site instructs marchers to have their own supplies to take care of their feet. If you want to buy some medical supplies that is up to you. Use common sense if a marcher looks like they should not continue encourage them to leave the course to be transported to the finish where medical personnel are available. If someone drops out we must get their timing chip, every timing chip we do not turn in will cost us \$35.00. Please give the timing chips to the bicycle riders.

Please go to the web site, www.blackhillsveteranmarch.com The web site has all the information you need about the march. Pay particular close attention to the rules. We want to emphasize the team concept and keep the teams together at all times. We encourage all teams leave rest stops with all five members. If they want to continue without all five members, inform them they must cross the finish line with all five members as a team or they will be out of contention for the trophy.

Complete lists of the rules are on www.blackhillsveteranmarch.com. Anyone caught violating any rules must be disqualified.

Military categories are only open to military ID card holders or ROTC cadets. Participants MUST wear their complete service uniform and boots. Participants MUST be in full uniform during the opening ceremony at the start of the march. Only uniform tops and headgear may be removed along the route as desired, but they MUST be carried during the entire march. Boots may not be exchanged for any other footwear along the route. Anyone caught violating any rules will be disqualified. Footwear is limited to military service recognized boots.

Non-standard t-shirts may be worn in place of the regulation t-shirts for teams that want to promote their organization.

Civilian divisions are open to anyone. Participants registered in a civilian division may wear any footwear or attire, except any portion of a recognized military uniform. Individual components of military type clothing, i.e. ACU/BDU trousers, military boots, military headgear, etc. may not be worn.

Teams representing organizations such as police or fire units may wear uniforms. Uniform fabric should be appropriate for a 26.2 mile march through the mountain terrain. Distinctive unit t-shirts are encouraged in lieu of uniforms.

Teams will consist of five members. All members **MUST** stay together during the entire course. Any team finishing with less than five members **WILL BE** out of contention for the trophy. We want to emphasize the team concept and keep teams together.

You can have as many volunteers as you want depending upon what you are doing. I would contact all of your unit members and family support group members. If you have a business or civic organization working your rest stop please assist them in any way you can.

Have fun at your rest stops, it is like anything else: the more you put into it, the more you get out of it. I would decorate your rest stop, dress up in costumes or play music. Decorate it like the set of MASH, a Hawaiian theme, or have all of your volunteers dress like Elvis. We are giving a trophy to the best rest stop. Make sure your rest stop is clearly marked by its rest stop number and your unit or organization. Remember the reason for our March is our Veterans.

Volunteers at rest stops do more than hand out water. They are cheerleaders for the marchers encouraging them to march on.

No pets are allowed on the route. CD players, boom boxes, etc. are allowed only if headphones are used. Marchers must be off the trail at 6:00 p.m. After 6:00 p.m. the finish line will start packing up. If someone is still on the trail after the cut off time we must transport them back to the finish. Make sure you get their timing chip before you take them to the finish and give it to the bicycle riders. Good sportsmanship is expected at all times!

We have an awards ceremony at 5:00 p.m. at the finish line in the Rodeo Grounds. Upon arriving at the Rodeo Grounds/finish line we will be providing a catered meal for all marchers and volunteers. It is important that you give me accurate numbers on your volunteers so we have an accurate count to provide enough food for everyone. After the awards ceremony you are welcome to socialize and on your own for the rest of the evening.

Ben Lamp
Event Chairman
(605) 728-3358

Rest Stop #1

At the intersection of Rochford Road and Nahant Road, take 85 South out of Deadwood and pass through Lead for 2 miles. At the junction of 85 South and 14A take a left and go 3.4 miles to Rochford Road.

From the intersection of highway 14A and Rochford Road drive 9.9 miles.

Approximate GPS Coordinates **Latitude 44.180388, Longitude: -103.758144**

Approximately six miles into the race and approximately twenty miles left. This rest stop must be set up by thirty minutes after the start of the race.

Rest Stop #2

Dumont Trailhead (the intersection of Rochford Road and Juso Road), take 85 South out of Deadwood and pass through Lead for 2 miles. At the junction of 85 South and 14A take a left and go 3.4 miles to Rochford Road. From the intersection of Highway 14A and Rochford Road drive 6 miles.

Approximate GPS Coordinates **Latitude 44.227980, Longitude-103.786082**

Approximately ten miles into the race and approximately sixteen miles left

This rest stop must be set up by forty five minutes after the start of the race.

Rest Stop #3

The intersection of Rochford Road and Rochford Ridge Road

Take 85 South out of Deadwood and pass through Lead for 2 miles.

At the junction of 85 South and 14A take a left and go 3.4 miles to Rochford Road.

From the intersection of Highway 14A and Rochford Road drive 3.9 miles.

Approximate GPS Coordinates **Latitude 44.251009, Longitude -103.796768**

Approximately twelve miles into the race and approximately fourteen miles left

This rest stop must be set up within one hour after the start of the race.

Rest Stop #4

Englewood Trailhead (the intersection of Englewood Road and Brownsville Road)

Take 85 South out of Deadwood and pass through Lead for 2 miles.

At the junction of 85 South and 14A take a left and go 3.4 miles to Rochford Road.

From the intersection of Highway 14A and Rochford Road drive .4 miles to Brownsville Road.

At Brownsville Road turn left and drive .7 miles.

Approximate GPS Coordinates **Latitude 44.296901, Longitude -103.784591**

Approximately sixteen miles into the race and approximately ten miles left

This rest stop must be set up within one hour after the start of the race.

Rest Stop #5

Kirk Trailhead

As you leave Deadwood take Highway 385 South to Kirk Road (.2 miles), turn right on Kirk Road and drive 1.6 miles to Yellow Creek Road. Turn left on Yellow Creek Road, Turn right at railroad crossing sign.

Approximate GPS Coordinates **Latitude 44.342638, Longitude-103.758042**

Approximately twenty-one miles into the race and approximately 5.2 miles left

This rest stop must be set up within one hour and thirty minutes after the start of the race.

Rest Stop #6

Deadwood Trailhead (Sherman Street parking lot), at the intersection of Sherman Street and Charles Street.

Approximate GPS Coordinates **Latitude 44.371194, Longitude -103.727599**

Approximately 24.5 miles into the race and approximately 1.66 miles left

This rest stop must be set up within two hours after the start of the race.