

Winnipeg Amateur Radio Emergency Service
in conjunction with
Radio Amateurs of Manitoba



MANITOBA MARATHON
16 JUN 2024
AMATEUR RADIO NOTES
PSE-193

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25 JUN 2024

Past reports have detailed the documentation distributed to ARES volunteers at the pre-race briefing. That is not addressed in this report. Consensus at the in-person de-brief 18 JUN was that a PDF link for the Participant Handbook **would** suffice (and obviate some printing).

The notes from the 2024 operation are those of the Winnipeg ARES Emergency Coordinator (EC), and comments from those volunteers that submitted comments and/or participated in our in-person debrief to a certain extent. Planning/Preparation and Operations for 2024 were all based on previous years' experience. Recruiting began late JAN 2024. All volunteers scheduled showed up Race Day.

Recruiting for 2024 was very difficult, even more difficult than last year which was more difficult than 2022 where we were running into COVID-hesitancy. Ultimately we had sixty-six (66) volunteers Race Day, one (1) Water Station had one operator only (generally assigned in pairs and in 2024 one of the Mile 6 operators went to Mile 24.5 when Mile 6 closed), 3 Water Stations had no coverage (Mile 8, 10 & 19), there were no back-up operators at all (usually have 6; 2 for each sector of the course). At least twelve (12) new or newer Amateurs participated this year. Several current volunteers have already said that they are not available for 2025.

Recruiting was done on-line via the Winnipeg ARES website, newsletters, Amateur Radio meetings and voice nets.

The ARES component of Comm Centre set-up is traditionally done the Friday afternoon before Race Day and 2024 was no exception. Set up took approximately one hour.

ARES "shadows" at the Care Centre this year **DID NOT** operate on UHF with their communications fed into the VHF medical repeater via a portable repeater. Utilizing a suggestion that arose in 2023, we utilized **one** VHF repeater for Care Centre and on-course medical vehicles – that worked very poorly Race Day (although tested fine approx. NOV/DEC 2023) and in 2025 we will revisit UHF in the Care Centre being fed into a city-wide repeater.

For 2024, there were three Wet Bulb Globe Thermometers (WBGT) deployed right on the course on tripods and used:

- adjacent to the Mile 25 Water Station
- behind the Mile 6 Water Station on Lyndale Drive
- Assiniboine Park (south of the footbridge near the Duck Pond).

Wet Bulb operators called in their reading according to a pre-arranged schedule on the Medical Net and the Doctor's Shadow operator passed the WBGT temperatures to a Marathon Physician to decide on course condition or "color", once decided the Doctor's Shadow operator advised Net Control on course color and course showers "on/off" and that was transmitted across both nets. The Wet Bulb operators' primary communication was on Amateur Radio, secondary was trunked radio as used by non-Amateurs at the Marathon and tertiary was personal cell phone. Personal cell to a Medical Net Controller in the Comm Centre was used from at least one Wet Bulb station.

Automatic Packet Reporting System (APRS) was utilized on three course vehicles in 2024 for automatic vehicle location:

- Lead Vehicle Full Course
- Lead Vehicle Half- Marathon
- Course Closing Vehicle.

Unlike past years, APRS **worked very well** in 2024 and in 2025 we suggest expanding to include Sweep 5 & Sweep 7 vehicles. One of the ARES volunteers in Therapy 5 had an APRS-capable portable radio and participated in the APRS circuit for the Marathon.



An installed APRS Station

Photo Credit Wyatt Zacharias VE4WDZ

Previously, Manitoba Marathon (MM) purchased *Tiny Tracker* APRS modems, GPS “pucks” and mag-mount antennas and ARES supplied the radios.

Some of our volunteers come very well prepared and set up temporary base antennas at their location and run their radios off deep cycle batteries. Nolan VE4NOL & Evan VE4EVN at Mile 14 had a particularly good radio set-up with a deep-cycle battery, an article in a future newsletter should be considered.



Mile 14 Station
Photo Credit Jeff Dovyak VE4MBQ

2024 ARES Debrief

The 18 JUN Winnipeg ARES General Meeting was dedicated to an in-person debrief. Seventeen (17) participants were in attendance.

A number of e-mails had been received by the EC that pertained to the conduct of the Marathon rather the Amateur Radio portion – with the commenters’ permission those were forwarded to MM leadership.

The debrief was moderated by the Winnipeg ARES Emergency Coordinator and followed the following agenda:

- What We Already Identified
- Race Operations Net
- Medical Net

What we already had identified:

The repeater chosen for Medical Net was terrible in terms of sensitivity and coverage area

- Revert to UHF in Care Centre and a proven repeater for on-course medical use
 - In retrospect, we should have done that Race Day.

Medical Ice and Coolers were **not ready** for pick-up Race Day! Therapists from the two on-course Therapy vans and Steven VE4FTS went into the stadium to prepare coolers for delivery on-course

- Medical ice cooler/prep should be done **in advance** for course vehicle pick-up by 6 AM Race Day
- It may be advisable to mark the coolers with a permanent marker as to intended location, e.g. Mile 3 or Half Marathon.

The first time that course condition went to “Yellow” it was reported that the Marathon Physician said that showers were optional – a short time later Doctor’s Shadow stated that showers were to be kept “off”

- Course Condition and showers “off” or “on” should come from Marathon Physician **only**.

Care Centre closed early with participants still on the course **and** a course vehicle bringing in an injured runner

- Care Centre **should not close** until Course Closing vehicle has returned to stadium or if a course vehicle is transporting an injured runner.

Volunteer recruitment difficult and insufficient number of volunteers, three (3) Water Stations had no Amateur operator and there were no back-ups **at all**

- An experienced Race Operations Net Controller has suggested that there is not much history of significant communications from Relay Exchange Zones and that in the future consideration should be given to leaving Relay Exchange Zones and early Water Stations not staffed in favor of Water Stations being staffed.

Seven (7) operators notified the ARES EC in advance that they could not attend the volunteer briefing and indicated who would pick up their briefing package – that worked very well. When they registered, volunteers received a communication outlining briefing time, date and location. A reminder e-mail was sent in 2024 to our volunteers a couple of days before the scheduled briefing, obviating “no shows” in 2024 except for one Amateur who withdrew (ARES Coordinator found out day after briefing by phone)

- Remind volunteers who withdraw to notify ARES Coordinator directly.



ARES Volunteer Briefing
Glen VE4GWN Speaking about Equipment List
Photo Credit James Snidal VE4SNI

Equipment Loan returns were slow once again. Borrowed gear was to be turned in to Course Closing vehicle – not all ARES volunteers apparently saw the Course Closing vehicle, a date after Race Day was identified at the ARES briefing for people to turn in borrowed equipment

and while some things were turned in by that date there was still outstanding equipment still out (ARES Coordinator knew who had what). Of twenty-two (22) “loaner” ARES vests that were borrowed, four (4) did not come back initially, they were turned in at the 20 JUN debrief. One mobile radio kit and one set of APRS gear did not come back by deadline.

First Aid provider on course was not able to staff all intended positions due to volunteer recruitment issues, this was shared with Marathon leadership and ARES for 2024, ARES Race Operations Net Controllers found it quite helpful to know this in advance. A team of SJA volunteers went to the wrong Water Station at least once in 2024 (witnessed by ARES EC)

- The detailed course map booklet should be shared with St John Ambulance (SJA) leadership (and perhaps all on-course SJA volunteers).

Having both Race Operations Net and Medical Net Control Stations (NCS) on VHF caused some de-sense at time in the Comm Centre

- Consider spacing Comm Centre antennas further apart
- Attempt to have one NCS on UHF.

WBGT units should get fresh batteries each year

- That was done for 2024.

The course map in the Amateur Radio Guide should be updated or replaced.

While Course Vehicle signs were refreshed in 2023, they are magnetic

- Encourage Course Vehicle drivers to tape the magnetic signs on glass side windows if vehicle body is non-ferrous
 - See Therapy 5 photo later on in this report.

No bottled water was provided for course vehicles for exited and/or injured runners, there may have been bottled water available at Equipment Depot

- One flat of bottled water per on-course vehicle should be available at the stadium Race Day.

Bib numbers on front of runner only hard to read, especially in a course vehicle looking for a particular runner

- Consider bib numbers front & back.

Only half or so Race Operations operators (out of 45) participated in THU evening Test Net – many of the participants found that they had to alter location slightly for good communications path, most of the participants were newer Amateurs. “Rubber duck” antennas on hand-held radios are inadequate at some locations, a roll-up J-Pole seminar was suggested in 2023 and in 2024 we ran at least two seminars with 13 participants. Six “loaner” J-Poles (owned by Wpg ARES) and support posts (owned by MM) were on the course in Supply 8 – none were deployed

- Encourage participation in Test Net
- Consider additional J-Pole building seminars.

In-Person Debrief

The Amateur Radio tag that ARES volunteers get tears off our lanyards (some reports stated under one hour on Race Day)

- that tag ought to be a plastic tag similar to “Medical” & “Comm Centre” tags.



2023 ARES Medical Request Information Tag
Photo Credit Jeff Dovyak VE4MBQ

Medical Net

Having an EMR on Medical Supply vehicle enables picking up “medical” calls, EMR was able to assess participants if required. It seems that the SJA member on Supply 8 may have been receiving taskings by cellphone instead of/or in addition to the Medical Net – this ambiguity was troubling to driver and radio operator and cut Medical Net Control out of the loop

- Course vehicle taskings should go thru Comm Centre.

Medical NCS in Comm Centre should have a trunked portable radio for any WBGT data that comes in on trunked radio

- One additional trunked radio for ARES.

WBGT Tripods & Course Flagging support stands should be weighed down to avoid blowing over in the wind.

Comm Centre participants should introduce themselves and their roles before things get busy

- If that is already done and missed by ARES Net Controllers then they will need to start work earlier in the day.

Race Operations Net

“VE4WPG” is mentioned on page 8 of Amateur Radio Guide more than once, what should be identified is just “Race Operations Repeater”

- Guide change subsequently requested.

Mile 2 Closing time is not same on page 6 of Amateur Radio Guide and Site Map book

- Comment has been passed on to MM.

Too much information is issued to ARES volunteers

- Currently only contemplating making the Participant Guide a PDF.

Issued documentation is not waterproof

- Plastic bags for paperwork is # 11 on Recommended Equipment List (page 25 in 2024 Amateur Radio Guide
 - ARES Coordinator to work with commenter to see if 1-2 page summary could be identified that can be laminated or printed on plastic.

2024 Manitoba Marathon Things to Tweak

- E-mailing a briefing reminder about a week before the briefing seems to have eliminated most of the "no-shows". Maintain the practice of sending out a reminder and explicitly telling registrant who withdraw to notify ARES leadership **directly**.
- Insufficient number of Amateur Radio volunteers
 - Insufficient number of back-up or reserve operators, goal is to have at least two back-up operators per course sector (three sectors) and two back-up operators for Care Centre/Comm Centre
 - Going-forward will ask MM to prioritize locations to be staffed.
- Expand APRS to Sweep 5 & Sweep 7 vehicles
 - Assemble equipment list with pricing
 - Seek MM purchase support.
- Encourage Test Net participation for operators assigned to Race Operations Net from operating location.
- Consider facilitating a subsequent roll-up J-Pole making seminar fall or winter considering the popularity of this seminar and potential Race Day utility.
- Encourage ARES volunteers to observe equipment loan return deadlines.
- Wet Bulb thermometers should receive fresh primary and alternate batteries each year (they did in 2024)
- Bottled water should be provided for participants picked up by course vehicles.
- Explore water-proof 1-2-page ARES summary.
- Ensure Amateur Radio Guide is updated.

**ORGANIZATIONS SUPPORTING
MANITOBA MARATHON AMATEUR RADIO OPERATIONS**

loaned equipment or facilities, assisted with volunteer
recruitment

Winnipeg ARES
Radio Amateurs of Manitoba
Pathfinders Amateur Radio Club
South-Central ARES

Special Thanks

Special thanks to Dave VE4DJS for maintaining our volunteer database and those who helped out at the 11 JUN briefing with materials distribution:

Richard VE4ESX
Susan VE4SYM
Larry VA4LMK
Mark VE4MWH
Steven VE4FTS.

**2024
Manitoba Marathon ARES Volunteers**

Net	Assignment	Secondary Assignment	Call Sign	First Name	Last Name
Race Operations	Mile 2		vacant		
Race Operations	Mile 2		VE4MMG	Mariska	Maguire
Race Operations	Mile 4		VE4SNI	James	Snidal
Race Operations	Mile 4		VE4BSC	Brad	Crass
Race Operations	Mile 6		VE4DAE	Ernelyn	Hingada
Race Operations	Mile 6	Mile 24.5	VE4TAZ	Richard	Hykaway
Race Operations	Mile 8		vacant		
Race Operations	Mile 8		vacant		
Race Operations	Mile 10		vacant		
Race Operations	Mile 10		vacant		
Race Operations	Mile 12		VE4SBS	Sunday	Satiada
Race Operations	Mile 12		VE4LYN	Linda	Satiada
Race Operations	Mile 14		VE4NOL	Nolan	Harriott
Race Operations	Mile 14		VE4EVN	Evan	Harriott
Race Operations	Mile 16		VE4GLS	Gord	Snarr
Race Operations	Mile 16		VE4MHZ	Paula	Ehn
Race Operations	Mile 18		VE4JDH	Hamish	Donaldson
Race Operations	Mile 18		VE4DBZ	David	Zigler
Race Operations	Mile 19		vacant		
Race Operations	Mile 19		vacant		
Race Operations	Mile 20		VE4HF	JoJo	Lagman
Race Operations	Mile 20		VE4JUB	Jean	Jubinville
Race Operations	Mile 21		VE4STG	Phil	Mendelsohn
Race Operations	Mile 21		VE4BRE	Brendan	Campbell
Race Operations	Mile 22		VE4CJR	Cyrus	Reimer
Race Operations	Mile 22		VE4DBV	Drago	Lambeta
Race Operations	Mile 24		VE4HK	Dick	Maguire
Race Operations	Mile 24		VE4KL	Andrew	Harton
Race Operations	Mile 24.5		VE4NQ	Wayne	Pettapiece
Race Operations	Mile 24.5		VE4TAZ	Richard	Hykaway

Race Operations	Mile 25		VA4CQD	Marc	Collette
Race Operations	Mile 25		VE4AQU	Rick	Banack
Race Operations	Half Marathon		VA4LMK	Larry	Konowalchuk
Race Operations	Half Marathon		VE4RBB	Robert	Kozakewich
Race Operations	Relay 1		VE4MMB	Janice	Behrens
Race Operations	Relay 1		VA4DUG	Doug	Cross
Race Operations	Relay 2		VE4ABT	Bruce	Taylor
Race Operations	Relay 2		VE4BKR	Nadia	Tyshko
Race Operations	Relay 3		VE4GWN	Glen	Napady
Race Operations	Relay 3		VE4YYL	Roswitha	Napady
Race Operations	Relay 4		VA4SMC	Scott	Campbell
Race Operations	Relay 4		VA4MAJ	Mark	Jenkins
n/a	Relay 4		n/a	Lexi	Peters
Race Operations	NCS		VE4HAY	Derek	Hay
Race Operations	NCS		VE4HAZ	Harm	Hazeu
Race Operations	Lead Vehicle Full		VE4GZ	Jim	Griffiths
Race Operations	Lead Vehicle Half		VE4GIS	Kurt	Sargent
Race Operations	Closing Vehicle Driver		VE4JFK	Jeff	Kazuk
Race Operations	Closing Vehicle student operator		n/a	Kristen	Lepage
Race Operations	Sweep 5 Radio Operator		VE4CLK	Ian	Clark
Race Operations	Sweep 5 DRIVER		VE4QV	John	Pura
Race Operations	Sweep 7 Radio Op		VE4KAZ	Richard	Kazuk
Race Operations	Sweep 7 Driver		VE4GCV	Jerry	Volkers
Race Operations	Start Line	Care Centre	VE4PXL	Pietra	Shirley
Race Operations	APRS		VE4WDZ	Wyatt	Zacharias
Medical	Medical NCS		VE4VD	Garry	Frankel
Medical	Medical NCS		VA4PNO	Jack	Peters
Medical	Wet Bulb -University Cr		VE4ZN	Bob	Myatt
Medical	Wet Bulb - University Cr		KD0ZXI	Steven	Buchy
Medical	Wet Bulb -Lyndale Drive		VE4RDO	Andy	Fenstad
Medical	Wet Bulb-Lyndale Drive		VE4DWG	Don	Gerrard
Medical	Wet Bulb -Assiniboine		VE4GS	Glen	Siefert
Medical	Wet Bulb-Assiniboine		VE4MWH	Mark	Havens
Medical	Intake/Triage Area		VE4ACX	Yori	Tsuji

Medical	Meghan's Shadow		VE4CDM	Craig	Martin
Medical	Dr's Shadow		VE4ESX	Richard	Sheridan
Medical	Therapy 5 - driver		VE4MBQ	Jeff	Dovyak
Medical	Therapy 5 - radio		VE4FTS	Steve	Harrison
Medical	Therapy 5 Therapist		n/a	Atoosa	Reimer
	Therapy 6 - driver		VE4MAB	Mark	Blumm
Medical	Therapy 6 - radio		VE4VT	Ed	Richardson
Medical	Therapy 6 Therapist		n/a	Matt	Short
Medical	Supply 8 - radio		VE4SYM	Susan	Collings
Medical	Supply 8 - Driver		VE4TRO	Fred	Collings
Medical	Supply 8 EMR		n/a	Brent	Schriner
	-				
Spare3	North of the Assiniboine		vacant		
Spare 111	East of the Red		vacant		
Spare 22	South of the Assiniboine		vacant		
Spare1	South of the Assiniboine		vacant		
Spare 33	2nd North of the Assiniboine		vacant		
Spare 333			vacant		
Spare 2	2nd East of Red		vacant		
Database			VE4DJS	Dave	Stimpson
Post Event			n/a	Rhonda	Dovyak
J-Pole Seminar			VE4STG	Phil	Mendelsohn

16-Jun-24

Some 2024 Photos

All Photo Credits Jeff Dovyak VE4MBQ unless otherwise noted.



Harm VE4HAZ outside Comm Centre



Therapy 5 Crew at Mile 4

Jeff VE4MBQ, Atoosa Reimer (PT), Steve VE4FTS
Photo Credit Steven Harrison VE4FTS



Mile 4 Brad VE4BSC & James VE4SNI



Mile 14 Evan VE4EVN & Nolan VE4NOL



Mile 18 David VE4DBZ & Hamish VE4JDH



Mile 22 Drago VE4DBV & Cyrus VE4CJR



Mile 25 Rick VE4AQU & Marc VA4CQD



Wet Bulb near Mile 25 Steven KDOZXI & Bob VE4ZN