



bike to
create a world
free of MS

Amateur Radio Operator Manual

Bike MS: Ozarks Ride
September 12 & 13, 2015

THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

bike.msmidamerica.org



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About Multiple Sclerosis

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men contracting the disease. MS affects more than 400,000 people in the United States, and 2.5 million worldwide.

About The National Multiple Sclerosis Society

We are a collective of passionate individuals who want to do something about MS now—to move together toward a world free of multiple sclerosis. MS stops people from moving. We exist to make sure it doesn't. We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. The Mid America Chapter serves 253 counties in Kansas, Nebraska, and western Missouri, offers programs and services to over 55,000 individuals and annually raises nearly \$5 million to create a world free of MS. Join the movement at nationalMSSociety.org.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce further disease activity and improve quality of life for people with multiple sclerosis. Talk to your healthcare professional and contact the National MS Society at www.nationalMSSociety.org or 1-800-344-4867 to learn about ways to help people with multiple sclerosis and about current research that one day will reveal a cure.

AMATEUR RADIO OPERATOR INFORMATION

We want to thank you for volunteering to use your skills as a HAM operator in providing the communications for the Ozarks BIKE MS Ride. The following information is provided as an operating guideline for this weekend.

1. You represent HAM radio at your location. Your Actions, Appearance and Attitude will help insure that HAM radio operators are viewed as Professional Communicators.
2. This is an opportunity to practice and demonstrate our skills as Emergency Communicators in a real time operation using portable station equipment..
3. When the day is over we, hope you will be able to leave with the satisfaction of knowing that you provided a valuable service to others and, just as important, that you look forward to doing it again because YOU HAD A GOOD TIME.

COMMUNICATION PROTOCOL:

We will operate as a Tactical Structured Net with all radio traffic to go through Net Control.

Please use your Rest Stop Number as the tactical call for your station.

Remember – you **MUST** end the QSO with your CALL SIGN. (Don't use your call sign at the start of the QSO (Information exchange) as it is not required.)

Suggested example of information exchange sequence

<calling station to NC> "Net Control, Rest Stop 6"
<response from NC> "Rest Stop 6 Go ahead"
<message to NC > "SAG number one eight (not 18) has arrived at Rest Stop 6"
at xx:xx (Time) (am/pm is not required)
<Reqd FCC sign off> "Your Call sign, Rest Stop 6"
<NC Acknowledgement> "SAG one eight at RS # 6 Thanks, kc0tcf, Net Control"

We may be using multiple repeaters. This means that you may not get an immediate answer from Net Control or a "Stand By" request if a different frequency is being used by another rest stop. If you get no response, wait a minute and try again.

NET CONTROL INFORMATION REQUIREMENTS

There is a sheet in your package titled: **REPORT THE FOLLOWING TO NET CONTROL.**

The requested information should be reported to Net Control in a **TIMELY** fashion as this allows us to keep the MS Staff aware of how the bike ride is progressing.

You should be one of the first people to arrive at the rest stop and be in a position to report on the requested activities as they occur. (The suggested arrival time is listed in the Volunteer Manual – try to be slightly early)

You are the only communication link between the Rest Stop and Net Control and all the support functions that are working together to make this a successful bike tour. **Be prepared to be the first one there and the last one to leave.**

RADIO CONTROL

It is important that someone is ALWAYS at the control of the radio. The ability to have quick response from a Net Control request is imperative for any emergency situation that may occur. Radio traffic to your station should take priority over volunteer requests at your location.

We try to have back up HAMS at each rest stop in case of last minute sickness, etc. Share the experience of being the HAM on the radio. We all learn by doing and we hope those that have worked this event will help train & explain to the first timers.

Only ONE RADIO at each rest stop should be used to communicate with Net Control. This avoids confusion that has occurred in previous events.

EQUIPMENT REQUIREMENTS - What should you bring?

1. 2 Meter mobile radio that can be moved to a table. You don't want to be working in your vehicle as that keeps you from being accessible. Don't forget the radio manual for that last minute change in settings or ??.
2. A good antenna. The better the antenna the less RF power is required. Maybe a pole or something to raise the antenna to a higher position.
3. Battery power. You won't have commercial power available so make sure that your power source will last for the whole day. Work with the lowest power setting that provides for clear communications to increase your operating time..
4. A table and chair(s) to set up your operating position. If you have an extra chair or two bring them along – It gives a place for the SAG drivers to sit with you and maybe you can get them interested in HAM radio. An external speaker to allow them to listen to "the action" can't hurt anything. (Just don't drown out everything else).
5. Pencils, note paper, and a clip-board or two to keep things from blowing away. You will be getting SAG number tags from the SAG drivers. Have a way to secure them.

6. Sun, wind, rain, etc. protection for you and your equipment. A pop up type shelter is ideal. Check with the other HAMS that will be at your rest stop for what they are bringing to help insure comfort for all.
7. Personal items, bug spray, skin protection and appropriate clothing for the expected or unexpected weather. Don't forget to bring something to eat and drink during the day. Remember – the tour continues RAIN OR SHINE
8. Identification – If you have your ARES badge – Wear it. If you have some other identification with your name and that you are a HAM (hat, etc.) Wear it. If you have your HAM RADIO vest – wear it to make you more visible.
9. Make sure you have the Bike MS volunteer handbook as it contains a wealth of information that you need to be aware of. Read it before you arrive at your Rest Stop.

LOCATION

1. Be Visible and easily accessible. A lot of people need to check in with you.
2. Be "UP FRONT" so you are easy to find in the rest stop area.
3. Check the Rest Stop layout drawing to insure that you set up in the right place.
4. Use signs, if possible, to identify that you are the HAM OPERATOR.
5. Remember, in many cases we are going to be set up in someone's front yard. Treat their lawn with care.

WHAT AM I DOING HERE

You are the communications link to Net Control and that includes things such as:

1. Forwarding requests from the Rest Stop captain for additional supplies, questions to the MS Staff, etc.
2. You are responsible for dispatching the SAG vehicles to pick up riders that have requested help. SAG drivers will be reporting in to you and they need to be dispatched on a first in – first out basis. Dispatching instructions will come from Net Control or the SAG Coordinator.
3. Motorcycle riders may come in to report a rider that needs to be picked up by a SAG. This gets reported to Net Control as the SAG may or may not be dispatched from your location.
4. The medical person may have questions that need to be passed to the MS Staff.

WHEN DO I GET TO LEAVE

You will be the last person to leave the Rest Stop. Once you leave the communication link is broken and therefore everything must be completed at the rest stop including:

1. The last bike rider will have left your location.
2. The HAM "SWEEP" driver (has a flashing green light on the vehicle) will have left your location.
3. The Food / Supply truck will have picked up all the tables, extra food, trash, etc. and will have left.
4. All the volunteers will have departed the rest stop
5. You will call to Net Control and let them know the rest stop is closed and you are departing the area.
6. Drive home or to your next assignment carefully as we need you around for next year.

If you have any questions or concerns please feel free to contact me between now and the event.

Bill Gilmore- Greene County ARES® Emergency Coordinator

Email: jnh4111@yahoo.com

Home Phone: 417-742-2942

Cell Phone: 417-987-1518

Net Control Operator: Bill Gilmore KCØTCF Richard Marlowe NØMIO
Jim Walton KDØYTJ Bill Breshears KDØSTZ

Sag Hot Line Operator: Richard Marlowe NØMIO

I would like to say "Thanks for your help" and look forward to working with all of you on this year's Ozarks Bike MS.