

# Holderness School Road Race

Wednesday, April 25, 2018

## Schedule

3:00 Coaches' meeting: Lead and follow vehicle drivers meet at Bartsch

## Race Start Times

3:30 Men A

3:35 Men B

3:40 Men C

3:50 Women A

3:55 Women B

**Parking:** Holderness School, Bartsch Athletic Facility

**Course Description:** 20-mile, rolling, point-to-point with an uphill finish

**Course Route:** Rte 175 North to "Campton Dam" intersection. Right turn at intersection lights onto Rte. 49 towards Waterville Valley. Left turn onto Tripoli Rd ski area access. Course ends on a one mile climb to the upper parking lot at the Waterville Valley Ski Area.

**Warm Up:** Riders may warm up on course. Please use caution, and wear helmets at all times. Rte. 175 South to North Ashland Rd (on right 1 mile south on Rte 175) are safe alternatives. Start area will have police and marshal protection

## Additional Reminders:

- Riders must observe yellow line rule
- Neutral support will be allowed for all riders, though no dedicated support vehicle will be offered by the hosting school
- Refreshments will be at the finish area at Waterville Valley

**Emergency Protocols:**

Officer Mike Barney (on course, law enforcement): 603-254-9177

Head Coach Rachel Jastrebsky (start/finish): 401-743-8865

Assistant Coach Ethan Pfenninger: 603-726-1599

- **ON COURSE EMERGENCY:** In the event of an on-course emergency, the first follow vehicle on the scene is instructed to stop (lead vehicles should continue leading their assigned field). In the event of a medical emergency, drivers are instructed to contact emergency services (911) by cell phone. If the scene of an emergency is out of cell phone range, an adult should stay with the victim while the first available vehicle proceeds forward along the course until encountering the next law enforcement official. Emergency medical staff/WFRs in the sag wagon will also stop at the emergency scene.
- **VEHICLES:** Caravan vehicles will be assigned to lead each group AND follow each group. In addition, a separate SAG wagon will follow the race.
- **EMERGENCY MEDICAL PERSONNEL/WFRs** will be in the vehicle caravan following the Boys B field, and in the Sag Wagon. They will remain at the finish until all riders have finished.
- **LAW ENFORCEMENT:** Holderness Police (and local Sheriff's department) will be present on the race course, and will control those two intersections (Campton Dam and intersection of 49/Tripoli Rd) where cars could impact the flow of the race. These officers are also the first contact in the event of an emergency.
- **ATHLETIC TRAINER:** The Holderness trainer (Nick Laurence, 617-515-6820) will be on duty and on call at Bartsch Field House. Visiting teams are welcome to avail themselves of his services before, during, and after the race.
- **Holderness Health Center (on campus):** The Holderness Health Center (Livermore Hall) is open 24 hours and staffed by an on-call physician (Dr. Viking Hedberg) and full-time nurse (Nancy Thurrell). Visiting teams are welcome to avail themselves of this facility for serious medical concerns before, during, and after the race.
  - **Plymouth Community Hospital:** Holderness' on-call physician is an attending physician here. This is also the regional emergency medical facility, and any serious accident victims will be transported to this location for assessment and treatment.