

## Alonzo Stagg 50/20 Hike – Support Stop Setup and Operations (2023 Update)

It is recommended that all Support Stop Staffers (and the Shirlington Waypoint Staffers) read the “Hike Guide” before reading this Instructional Guide, then read this Guide and the associated Support Stop schematic.

**Support Stop “Ownership” – It’s Yours to Run!** - First – and critically – each Support Stop is to be set up and run as a Standalone Operation. In short, this means that **the Unit running a Support Stop is responsible for ALL ASPECTS of its operation** – the equipment, the supplies, the staffing, the setup and organization, the shuttle vehicles, the breakdown, and so on. The only thing a Support Stop will receive from the previous Support Stop are the hikers’ support bags (duffels or daypacks), and the only thing they will be shuttling to the next Support Stop are the continuing hikers’ support bags. The only other shuttle duty (and this is only for certain Support Stops) will be returning hikers to St. Agnes who have quit the Hike or been pulled from the Hike for failure to hike at the minimum required pace.

Included in this Guide is a suggested list of what is needed to run the station, including a “per hiker” food and drink list, a suggested setup arrangement, and a suggested operational protocol. **Once the registration information is received, each Support Stop will receive the scheduled (signed up) number of hikers that will pass through that station, and (where applicable) the number of hikers that are scheduled to Quit at that station** (typically very few). With this information in hand, plus the institutional memory from previous years, each Support Stop will be able to rationally estimate and purchase the proper amount of consumables, and determine the number and type of shuttle vehicles needed to forward support bags to the next station or (where applicable) shuttle hikers back to St. Agnes. [Note that each Unit will be reimbursed for the expenses incurred for consumables and any other reasonable expenses, including gasoline; **Station Chiefs - please save and attribute all your receipts for submission to the Hike Administrator!**]

Finally, this Guide also contains information concerning each Support Stop’s operational time frame, the “Hold in Place” times for hikers who have obviously been running the course, and the cutoff time past which any hikers still on site or yet to arrive are pulled from the Hike (and returned to St. Agnes).

To repeat, beyond the minimum requirements and time frames needed to properly serve the hikers, **each Unit is given complete freedom and complete authority on how they set up and run their Support Stop**. The information provided in this handout is battle-tested over a dozen previous Hikes, but it is not mandated. You are only requested to keep the hiker’s health, safety, and support in mind.

As a preface to the lists, Units should send one or two staffers to their Support Stop site sometime during the week leading up to the hike to learn how to get to it (not always obvious or easy), to see what is already present or not (Porta-Johns, picnic tables, water sources, parking, signs, etc.), and to consider how to set up on the day of the Hike. It’s also a good idea to determine where the nearest convenience or grocery store is located, how to get there (and more importantly, how to get back), and how long that roundtrip takes. In addition, it’s a VERY good idea to determine how to get to and back from the NEXT Support Stop, since support bags will have to be shuttled there. Note that road access to all of the Support Stops (except Bluemont) is fairly tricky. Maps and Driving Directions are included on the website, and all Support Stop staffers are encouraged to download what they need. In general, GPS devices do a good job of giving accurate turn-by-turn directions – but they are not foolproof, especially when attempting to find locations without formal addresses (e.g., “Lock 10” or “Gravelly Point”). Units should also survey all their adults (not just those who are staffing this year) to see if there is any institutional knowledge in their Units concerning how Support Stops were run by the Unit in previous years

(there should be plenty!) Useful knowledge or advice can also be obtained from anyone in the Unit who has hiked in previous Hikes – they can tell you what makes for a good Support Stop.

### Support Stop Locations and Scales

In addition to St. Agnes, Support Stops are located at Lock 10/C&O Canal Towpath, Great Falls Tavern/C&O Canal Towpath, Fletchers Boat House/C&O Canal Towpath, Gravelly Point/National Airport/Mt. Vernon Trail, and the Bluemont Park Pavilion/W&OD Trail. There is also a “Waypoint” Stop in Shirlington, where the hikers shift one block from the new 4 Mile Run Bypass Trail to the W&OD Trail; this is about halfway between Gravelly Point and the Bluemont Park Pavilion. Lock 10 and Fletchers are “major” Support Stops, meaning they will see a very large number of hikers. Great Falls Tavern, Gravelly Point, the Shirlington “Waypoint”, and Bluemont will each see a moderate number of hikers (Bluemont will see the smallest number, but may see each individual as many as five times). **Again, a fairly reliable estimate of the number of hikers that each Support Stop will see will be emailed to all Units in the week prior to the Hike.** Obviously, the number of staff, amount of equipment and supplies, and the number of shuttle vehicles, will need to be commensurate with the number of hikers expected (may be as high as 250!) Lock 10 and Fletchers will require a “full” complement of staff, equipment, supplies, and vehicles. Great Falls Tavern, Gravelly Point, and Bluemont will require significantly less, and the Shirlington “Waypoint” will only need 2 adults, a car, some minimal consumables, a small table and maybe a medium size Pop-Up tarp if the weather is uncooperative. The following guidelines (for Full Size, Major Support Stops) need to be *rationaly* adjusted downward for the lesser Support Stops and the Shirlington Waypoint, based on the number of hikers (i.e., the estimate you will be provided sometime in the previous week). In the unhappy event of a postponement, the hiker numbers are usually cut in half (this is why we are very reluctant to postpone).

### Equipment

- 2 or 3 Large Tables (6 – 8 feet), for food and drink (if picnic tables are not available on site)
- 3 Small Tables (card tables or equivalent), for Check-In, First Aid, and Check-Out
- 3 Trash Cans, with at least 3 trash bags for each one\*
- 2 – 4 Sizable Tarps (12x16), for Support Bag Pick Up and Drop-Off Areas
- Operational Signs (Get these from Troop 111 on the prep night before the Hike)
- First Aid Supplies (**NO CONSUMMABLE MEDICATIONS ALLOWED!**)
- 2 Spigot Coolers, one for cold water, one for hot water (optional)
- Jugs of water (6-gallon plastic jerrycans (Reliance-type, or equivalent), as needed)
- If hot water is needed, or if hot food is being prepared, a full propane stove setup and tank, and appropriate cookware and utensils
- Coolers for perishable foods (should contain ice jugs if it's a warm day)
- Serving gear (platters, bowls, utensils, etc.)
- Medium size boxes and large ziplok bags for repackaging salvageable food
- Cleanup gear
- BAD WEATHER GEAR - If rain is expected or possible, you will need some “Pop-Up” style tarps and cinder blocks to anchor each leg (stakes are not allowed). In addition, clipboards and very large binder clips are helpful for keeping paperwork, tablecloths, and similar items under control. 2.5-gallon ziplock bags are also good for keeping paperwork dry and preventing stacks of cups, bowls, and silverware from taking off in the breeze (yes, we've all been there....), and duct tape can be used to stick one side of a ziplock to a tabletop.
- Fully Charged cell phones, and the POC List (will be provided before the Hike)

- Tablet/laptop with access to the internet. The hiker tracker will be online and tracking the hikers in real time is critical to the safe operation of the hike.
- Cameras

[\* You are welcome to attempt to collect recyclables in separate cans, but you might find that the hikers do not sort their trash.]

### Consumables (Food and Drink)

Prefacing remarks: Each Support Stop should have both a “Good Weather Menu” and a “Bad Weather Menu.” Bad weather requires more hot drinks and food items. Keep in mind that even on nice days the First and Last Support Stops are often cold (= Bad Weather), while the middle Stops are often rather pleasant (= Good Weather). In addition, unless it is a very warm day (e.g., 70 degrees), days with high winds should be considered to be “Bad Weather.” Your purchase list needs to have enough for the hikers AND enough for the on-site, cycle support, and Tail-End Charlie staffers. It is **HIGHLY RECOMMENDED** that your food table have a **“Note – Limit ONE of each item per Hiker!”** notice, and enforce it – if you don’t, some Scouts will grab 10 candy bars or other favored item, and you’ll be completely out with two thirds of the hikers yet to arrive. Ditto for Gatorade and water bottles (though you may want a limit of two if small bottles are purchased). This is not just to control costs and waste, but also to control some Scouts’ thoughtlessness towards their fellow hikers and tendency towards mind-boggling excess when an immense supply of candy bars (or other favored snacks) are available.

As part of the “Ownership” mandate, Station Chiefs are fully empowered to go purchase additional supplies if it is clear they are running short and still have a bunch of hikers yet to arrive. **Do Not Wait for “authorization” – You’re Authorized** – go get what you need!

#### The Food and Drink Equipment List:

- If any food is to be prepared on-site, sanitary gloves for the staff
- Hand Sanitizer and/or Antibacterial Wet-Ones
- Disposable cups, plates, bowls, and utensils, as needed for the provided food
- Napkins or paper towels (Note: Napkins blow away, rolls of paper towels do not)
- “Limit One” and/or “Limit Two” signage, as appropriate, as discussed above
- “Wash Your Hands Before Eating!” signage
- Food – Suggested List Below
- Drinks – Suggested List Below

Food Guidelines – As a rough guideline, every hiker should have the option to eat **small amounts** of 6 - 8 varied items, for example, half a banana, a small muffin, a granola bar, a snickers bar, a half a bagel, a small bag of cashews, and some cheese chunks. **Most hikers will eat only 3 or 4 items.** You can “just decide” exactly what you’re going to offer, or lay out a bigger spread for more variety – however, the latter option risks having only the least popular items left for the last hikers that trickle in. If you “just decide” on what you’re going to offer, pick the best options on the list, and verbally encourage everyone to eat a little of everything. Don’t overdo the sizes or portion amounts – they don’t have that far to go to get to the next Support Stop, and gorging on anything is a bad idea, even for the 10 Milers. Dole the popular items out so that the last hikers will have some. Finally, don’t cheap out on food or drinks – buy quality stuff, not tasteless generics. We can afford it. **Again, save all receipts.**

Food Suggestions – [We had multiple requests for more fruit after the 2011, 2012, and 2013 Hikes.] Small bananas, peaches or nectarines, and apples (or larger cut in half), all RIPE; bagels, muffins, or croissants; small Snickers and/or Baby Ruth bars, medium sized; Granola bars or equivalent; Power Bars or equivalent; peanuts, cashews, or “Trail Mix”/Gorp; Slim-Jims, beef jerky, or equivalent; Sandwich makings (ham, cheese, bread or rolls, salad, condiments – avoid turkey, avoid mayo); Peanut Butter and Jelly Sandwich makings (be cautious of the mess); Chili or Soups (be aware, has to be heated on-site - will not stay hot all day in a Thermos), and also needs styrofoam bowls; plain cheese pizza (Bluemont only). The hot foods are a better idea for Bad Weather menus. Avoid chips and similar junk food, anything greasy, oversize candy bars, Pop-Tarts, and other hyper-sugary items.

Drinks – Two 1/2-liter (1 pint) bottles of Gatorade or equivalent (avoid 1-liter bottles; they’re unwieldy to carry and don’t fit in pockets). The old style Gatorade (more electrolytes, much less sugar) is much better for the hikers, if you can find it. One 1/2-liter (1 pint) bottle of water. Hikers should be invited to refill their water bottles at a spigot cooler, as opposed to taking more than one bottle (you may want to have a sign for this, too). Orange or apple juice have been semi-popular at past events, but please avoid the little box or foil juice packets (sadly, these often end up on the side of the trail). Avoid milk, yogurt, mayonnaise, or individually wrapped “cheese product” slices. Bad Weather menus should include hot chocolate or cider (will need Styrofoam or paper “hot cups”). The staff may also want coffee, tea, or sodas, but these should NOT be offered or even made available to the hikers, including adult hikers.

**The Shirlington “Waypoint” Stop** – This is a minor station, reasonably close to several stores with bathrooms. It’s about an hour and a half after Gravelly Point, and about an hour and a half before the Bluemont Pavillion. It should only have some Gatorade and water, plus some small candy bars and some fruit. Its primary purposes are not food and drink, but rather directions, a bathroom (if needed), and encouragement from some friendly faces on a long and otherwise rather dismal stretch.

[Note - Please keep items unopened until needed, so that (if allowed) they can be returned for credit if unused, or given to the staff, donated for the Unit’s future use, or donated to AFAC – Your Call!]

### **First Aid Supplies**

A “standard” Troop First Aid kit should be brought along. **Note that we CANNOT provide ANY consumable medications to hikers!** – If they need medications, they must bring their own, no exceptions. This is because we do not have direct access to any hikers’ medical records. The main focus of the First Aid supplies is foot care, that is, blister prevention and treatment. The secondary focus is muscle soreness. Blister prevention and treatment requires Blistex or equivalent, BodyGlide or Vaseline (for the backs of ankles), moleskin or equivalent, various types of bandaids, “blister pads” (very useful and superior to bandaids!), foot powder and/or sprays, and several pairs of nail clippers, and similar footcare items. Muscle soreness – we are allowed to provide topical salves such as BenGay, Icy-Hot, and similar. Very few Scouts use these items, but some adults will. A standard hand-cream is useful for dry hands on cold or very dry days. Sunscreen is good for sunny or very windy days.

### **Vehicles**

The number of vehicles needed at a Support Stop also varies by the size of the station, the number of hikers expected, and the number expected to Quit the Hike at that point. Large Support Stops will likely need a cargo van or several large SUVs (back seats down, empty) and/or pickup trucks to get the needed equipment to their stations. One or more of these vehicles can be used to shuttle support bags to the next Support Stop (has to be done at regular intervals, so that the bags arrive before their owners do). On “sag-wagon” support, the number

of hikers needing transport should be low, because all of the 10 and 20 Milers walk back to St. Agnes as part of their respective hike routes. However, Fletchers will need to return any 25 Milers (rarely more than 10), while Gravelly Point will need to return any 32 Milers, and Bluemont “may” need to return at least some of the 40 to 50 Milers to St. Agnes (however, usually parents come to pick up hikers from Bluemont). Two passenger vans at Fletchers, and one each at Gravelly Point and possibly Bluemont, should be adequate for hiker taxiing services. It is suggested that the staffers at each Support Stop judiciously pick their best available vehicles for maximum cargo or passenger capacity. It is not expected that the Shirlington “Waypoint” stop will need to transport any hikers (if needed, parental or spousal pickups are preferred), but the Unit running that station should at least be prepared for the possibility (so 2 vehicles would be prudent). Station Chiefs need to recruit adequate INDEPENDENT shuttle driver staff for their Support Stops – it is not likely that shuttle drivers can also support the ongoing operations at the Stop itself, especially during the “rush” period(s). Remember also that you can call parents to come and pick up hikers who have dropped out – and this is usually the best option if no one at the stop will be available to transport for an hour or more.

### Staff Positions

In addition to the Support Stop **Station Chief** and **Deputy Station Chief**, every Full Support Stop needs a Registrar, a First Aid Coordinator, several Food Staffers; an Equipment Coordinator (who will also need to be coordinating the shuttling of support bags and hikers); and several Shuttle Drivers with vehicles with adequate storage space. Station Chiefs “may” also wish to have a designated **Communications Staffer**, rather than dealing with this themselves or designating it to their Deputy (however, if so, the communications staffer must use the Station Chief’s phone – because that the one on the POC list! – and the Station Chief needs to be kept informed). The **Registrar** is responsible to signing in and signing out every hiker that passes through the station (**this is critical – Hikers may not sign themselves in and out!**) The **First Aid Coordinator** is responsible for keeping the First Aid Supplies (see above) well organized and to help hikers who request assistance – and be pro-active in asking every hiker whether they need assistance (most will not). The **Food Staffers** tasks are well described under “Consumables – Food and Drink” (see above). After the initial setup, the **Equipment Coordinator**’s primary jobs are keeping the hikers’ support duffels/daypacks organized on-site and forwarded as needed to the next Support Stop (or St. Agnes), while keeping an eye on the remaining supplies of consumables (and getting more if needed). The **Shuttle Drivers** are responsible for delivering support duffels/daypacks to the next Support Stop (or St. Agnes), buying additional consumables if needed, and possibly returning a small number of hikers to St. Agnes. The Station Chief and Deputy Station Chief can fill any of these positions, but it is recommended that keep themselves free, and stay on site; i.e., not act as a shuttle driver, or make emergency runs to the grocery store, etc. More staff will make life easier, especially at the major Stops, while less will make life considerably more difficult during rush periods. Fletchers (the busiest Support Stop) may need 10 or more staffers, while the Shirlington Waypoint/Minor Support Stop can be staffed with 2 staffers. Responsible Senior Scouts may be used as staffers for appropriate positions.

### Preparation and Timing

As the above lists confirm, there’s a LOT of gear and supplies needed to properly run a Support Stop. In general, **it’s a really bad idea to try and acquire and pack all gear and supplies on Hike Friday**, even for stations with late Operational Time Frames. Remember that there is usually a final prep meeting the evening of Hike Friday, which will add even more time pressure. **Prepping for the Hike is a multi-day endeavor.** Procrastination will only lead to errors of omission, unnecessary trips to the grocery store, and a stressed-out staff on Hike Saturday. **Have a Plan! Start Early!**

## Site Setup

**Units should be on their site for setup at least one hour before the Expected Arrival Time of their First Hikers** (90 minutes is more prudent if bad weather is expected, to allow for tarp setups and keeping everything on the tables “nailed down”). If you’re running late, it’s a good idea to have some minor stuff laid out soon after arrival, in case any very fast hikers arrive before expected\* (a single cooler with stuff for half a dozen people can be packed the night beforehand, and therefore will be immediately “ready” as soon as it’s unpacked) – if you don’t do this, you will have to dig through everything you brought in order to find needed items, and you’re in a mess before you even start.

[\*Note that **there is a “Hold in Place” protocol for hikers who arrive faster than 4 mph** (i.e., who have obviously been running the course). These hikers must remain at the Support Stop, and not be allowed to sign in or out, until adequate time has passed to reduce their hiking speed to 4 mph. The Support Stop Staff are responsible for enforcing this rule. Failure to do this will result in increasing problems down the line as these hikers always arrive before the Support Stop is set up – and maybe even before any Support Stop staffers are on site. The 4 mph hold times are listed below.]

See the Support Stop Schematic for the suggested layout (modify as appropriate). Survey the site upon arrival. Hopefully it will not be already crowded with other groups before you arrive (unfortunately, there is no way for us to determine this in advance). Establish a setup plan. Once the tables are up and signs placed, the hikers’ support bags should be laid out in neat rows (not dog-piled) on the arrivals tarp(s) for quick, easy access. The food should not be laid out until needed, and perishable food should be kept protected as long as possible. Once everything is set up, the staff should assemble and discuss operational protocols, shuttling support bags to the next stop, shuttling hikers back to St. Agnes, where to buy extra supplies if needed, how to handle any emergencies, communicating with Bike Staff and Tail-End Charlies, etc. When they arrive, the biker escorts should be able to tell you how close the nearest hikers are, and whether they are well spread out (easy to handle) or still in large groups (a zoo). If few hikers are expected early, leave most of the food under cover. If many hikers are expected all together, lay out a lot more. [Note: 10 Milers tend to hike in sizable groups, as many as 20 all together.]

## Communications

A list of important phone and cell phone numbers (**the POC List**) will be published before the Hike. The Station Captain should be in communication as needed with the Deputy Hike Coordinator(s), the Cycle Escorts, the Tail End Charlies, and the Station Captains of the previous and next Support Stops. It is not necessary to be in constant communication, but certainly each Station Chief should have a sense of what’s happening upstream of his Stop.

## Support Stop Breakdowns

As the wave of hikers pass, if the cyclists or the arrival of the last set of Tail End Charlies confirm that there are no remaining hikers still coming, the Unit may break down the Support Stop regardless of the stated end time. Similarly, if there are only a few hikers yet to arrive, the Unit may do a partial to major breakdown, keeping adequate support items available for those last hikers (again, just keep adequate stuff in one last cooler, plus the First Aid kit). Finally, if the cutoff time for the Support Stop has passed, the Unit may again do a partial to major breakdown, again saving adequate support items for any remaining hikers who have yet to arrive. [The cutoff times are listed below.] Obviously, the “Station Chief” needs to be in good communication with the cyclists and Tail-End Charlies in order to determine whether hikers are still coming, if yes how many, and how far the last

ones are from the Station. As soon as the last hiker has departed (or been removed from the Hike for not making the Cutoff Time), and the last set of Tail-End Charlies has arrived and departed, the Staff may complete the breakdown, police the area, **call the Hike Administrator to confirm shutdown**, and depart.

**St. Agnes Assembly, Departure, and Return Times:**

25 and 32-to-50 Milers Assemble at St. Agnes at 5:00, and Begin Hiking at 5:30  
20 Milers Assemble at 6:30, and Begin Hiking at 7:00  
10 Milers Assemble at 8:00, and Begin Hiking at 8:30

**NOTE:** The above start times will be adhered to regardless of early arrivals; i.e., announcements and start times will not be moved up to accommodate hikers arriving earlier than the stated assembly times.

10 Milers should finish at St. Agnes between 11:30 am and 1:00 pm  
20 Milers should finish at St. Agnes between 1:00 pm and 3:00 pm  
[25 to 50 Milers finish at other locations, and do not need to “check in” at St. Agnes.]

St. Agnes will be open from approximately 4:15 am til approximately 4:00 pm.

**Support Stop Operational Time Frames** - Times are estimated based on previous years. **“Normal Operational Time Frames” do not include runners or very slow hikers!** (should be few or none).

Location: **Lock 10**; Scale: Major Mileage: 8.7 miles outbound; 20.1 inbound  
Suggested Arrival Time for Setup (Good Weather): 6:30 am  
Suggested Arrival Time for Setup (Bad Weather): 6:00 am  
Recommended On-Site Staff: 7-8  
Recommended Number of Shuttle Vehicles: 4  
**Normal Operational Time Frame:** 7:30 am to 12:30 pm  
4 mph “Hold in Place” Time (25-50 Milers, Outbound): Hold til 7:40 am  
4 mph “Hold in Place” Time (20 Milers): Hold til 9:10 am  
4 mph “Hold in Place” Time (25-50 Milers, Inbound): Hold til 10:30 am  
Normal Hiker Time Frame (25-50 Milers, Outbound): 7:40 to 8:25 am  
Normal Hiker Time Frame (20 Milers): 9:10 to 10:05 am  
Normal Hiker Time Frame (25-50 Milers, Inbound): 10:30 am to 12:10 pm  
Hiker Cut-Off Time (25-50 Milers, Outbound): Must Depart by 9:00 am  
Hiker Cut-Off Time (20 Milers): Must Depart by 10:30 am  
Hiker Cut-Off Time (25-50 Milers, Inbound): Must Depart by 1:30 pm

Location: **Great Falls**; Scale: Minor Mileage: 14.4 miles  
Suggested Arrival Time for Setup (Good Weather): 7:45 am  
Suggested Arrival Time for Setup (Bad Weather): 7:15 am  
Recommended On-Site Staff: 4-5  
Recommended Number of Shuttle Vehicles: 2  
**Normal Operational Time Frame:** 8:45 to 10:45 am  
4 mph “Hold in Place” Time (25-50 Milers): Hold til 9:05 am  
Normal Hiker Time Frame (25-50 Milers): 9:05 to 10:20 am  
Hiker Cut-Off Time (25-50 Milers): Must Depart by 11:15 am

Location: **Fletchers**; Scale: Major Mileages 10 Milers 4.3; 20 Milers 14.4; 25-50 Milers 25.7

Suggested Arrival Time for Setup (Good Weather): 8:15 am

Suggested Arrival Time for Setup (Bad Weather): 7:45 am

Recommended On-Site Staff: 10-12

Recommended Number of Shuttle Vehicles: 4

**Normal Operational Time Frame:** 9:15 am to 2:30 pm

4 mph "Hold in Place" Time (25-50 Milers): Hold til 11:55 am

4 mph "Hold in Place" Time (20 Milers): Hold til 10:35 am

4 mph "Hold in Place" Time (10 Milers): Hold til 9:05 am

Normal Hiker Time Frame (25-50 Milers): 11:55 am to 2:05 pm

Normal Hiker Time Frame (20 Milers): 10:35 to 11:50 am

Normal Hiker Time Frame (10 Milers): 9:05 to 9:55 am

Hiker Cut-Off Time (25-50 Milers): Must Depart by 3:45 pm

Hiker Cut-Off Time (20 Milers): Must Depart by 12:45 pm

Hiker Cut-Off Time (10 Milers): Must Depart by 10:15 am

Location: **Gravelly Point**; Scale: Minor Mileage: 31.8

Suggested Arrival Time for Setup (Good Weather): 11:30 am

Suggested Arrival Time for Setup (Bad Weather): 11:00 am

Recommended On-Site Staff: 5-6

Recommended Number of Shuttle Vehicles: 2

**Normal Operational Time Frame:** 12:30 to 4:30 pm

4 mph "Hold in Place" Time (50 Milers): Hold til 1:30 pm

Normal Hiker Time Frame (50 Milers): 1:30 til 4:10 pm

"Suggested" Hiker Cut-Off Time (50 Milers, 3 mph): Should Depart by 4:10 pm

Hiker Cut-Off Time (50 Milers, 2.5 mph): Must Depart by 6:20 pm

Location: **Shirlington Waypoint**; Scale: Minor

[Shirlington is NOT tasked with holding runners or pulling slow hikers!]

Suggested Arrival Time for Setup (Good Weather): 1:30

Suggested Arrival Time for Setup (Bad Weather): 1:00

Recommended On-Site Staff: 2

Recommended Number of Shuttle Vehicles: N/A – If Needed, Units or Parents Should Pick Up

**Normal Operational Time Frame:** 2:30 to 5:30 pm

Location: **Bluemont Park Pavilion**; Scale: Minor Mileage (1st arrival): 39.4

[Hikers **MAY** run the Bluemont Loops if they wish, since there are no further Support Stops.]

Suggested Arrival Time for Setup (Good Weather): 1:20 pm

Suggested Arrival Time for Setup (Bad Weather): 12:50 pm

Recommended On-Site Staff: 5-6, not counting Hiker Escorts

Recommended Number of Shuttle Vehicles: 2

**Normal Operational Time Frame:** 2:20 pm to 12:30 am

4 mph "Hold in Place" Time (50 Milers; Initial Arrival): Hold til 3:25

Normal Hiker Time Frame (50 Milers; Initial Arrival): 3:25 to 6:35 pm

"Suggested" Hiker Cut-Off Time (50 Milers, 3 mph; Initial Arrival): Should depart on 1st loop by 6:35 pm

Hiker Cut-Off Time (50 Milers, 2.5 mph; Initial Arrival): Must depart on 1st loop by 9:15 pm

### **Additional Comments on Hiker Cutoff Times:**

These are the times by which hikers must LEAVE the Stop in order to maintain the minimum 2.5 mph pace. For Gravelly Point and the initial arrival at Bluemont only, a "recommended" cutoff time based on a 3 mph pace is also included – again, past experience has shown that long hikers who are not hiking at least 3 mph at these Stops have little chance of finishing the hike within the maximum 20 hour time limit. Note that virtually all hikers are much faster than this minimum pace, which is why the “normal” operating time frames end before the cutoff times.

### **Removal of Hikers who failed to make the Cutoff Times**

In order to continue on the Hike, a hiker must **leave** the Support Stop before that station’s Cutoff Time. This issue will be forcefully stated at the morning assemblies. Hikers who fail to **leave** the Support Stop by the deadline are terminated from the Hike, and will need to be shuttled back to St. Agnes at the Support Stop Staff’s convenience (they may also have the hiker call his parents to come pick him up).

Station Chiefs should “loudly” announce the approaching Cutoff Time to everyone at their station, starting about 5 minutes in advance. Except for Tail-End Charlies, Hikers arriving at or after the Cutoff Time should be welcomed and cared for, but also told that their Hike is “officially” terminated.

Unfortunately, we have had some problems with this in past years, usually with adult hikers who have selfishly insisted that they can and will continue to hike “on their own recognizance.” This places all future Support Stops in the difficult position of either extending their Operational Time Frame, sometimes for hours longer, or closing and leaving the hiker unsupported. This is unacceptable from a Health and Safety viewpoint – and this is, after all, a Scout event. Station Chiefs faced with this problem need to be very firm in their refusals. If necessary, enlist the assistance of the Tail End Charlies and of the remaining staffers at the Support Stop, and further feel free to call the Hike Coordinator of the hiker’s Unit. Inform the hiker that he will have to carry his own support gear, that we will not force any remaining Support Stops stay operational for him, and (finally) that if he insists on continuing regardless, that his Unit will be barred from future Hikes. Anticipate un-Scoutlike responses. [Note also that we will not “leapfrog” hikers ahead to get them back on pace; in other words, when they’re done, they’re done....]. Recorders should make note of these individuals in the Hiker Tracker so that the Hike Administrators know these hikers are no longer being supported and are, effectively, done with the hike.

We hope you do not have to face this, but we have had to deal with it in the past, and may have to again....

### **Post-Hike Reminders and Actions**

Please ensure the Hiker Tracker has been updated and all hikers have been accounted for at your station. If possible, return unused, non-perishable items for refunds; if not possible, keep for your Unit’s future use, or distribute them to the Staff, to everyone who attends your next Troop meeting, or to AFAC; again, it is your call. Discard perishable foods, or again distribute them to the Staff or to everyone who attends your next Troop meeting. Toss the trash either into your own (home) trashcans or (with permission) into the dumpster at your Chartered Partner. Please relay Lost and Found items to Troop 111 at Saint Agnes. Please indicate where the items were left (which Support Stop), which may help track down the owners, or at least narrow down the possibilities. Collect all your receipts, properly attribute them, scan them and email them to the Hike Administrator with clear instructions as to whom to write the check and where to send it. Please note that, unless it’s somehow an issue, we would prefer to write one single check to each Unit for their collective expenses. **The sooner the Hike Administrator receives receipts, the sooner you will get your reimbursement.**

Finally, if you have any suggestions for better operation of future Hikes, please draft them up quickly, while they're still fresh in your mind, and send them to the Hike Administrator my email.

Thank you to everyone supporting the Alonzo Stagg Hike

The above detailed descriptions have been edited over the years but are based almost entirely on Dr. Bob Klein's notes and information. Without Dr. Bob's work, organization, support, and contributions, this hike would not exist.