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**Seneca Creek Greenway  
Trail Marathon and 50K**  
<http://senecacreektrailrace.com/index.html>  
**Saturday, March 3, 2012**  
**8:00 AM**

## SAFETY PLAN

### INTRODUCTION

The purpose of this Plan is to set forth organization, responsibilities, and procedures for the safe conduct of the Seneca Creek Trail Marathon and 50K foot race. The plan will be posted on the race website for runners, volunteers and the public.

This trail marathon and 50K race will occur primarily on natural surface (dirt) trails within County and State parklands in Montgomery County, Maryland.

Included in this Plan are the current course description, course maps, permitting, medical response teams, aide station locations, course marshal locations (road crossings), and other entities involved with this event.

The Communication Plan is included in this Plan (Enclosure 2). It includes EMS, County and Park Police (MNCPPC), Maryland Natural Resources Police (MD DNR), medical staff, and other key race personnel.

Seneca Creek Trail Marathon and 50K Runner Instructions are posted on the race website and are available to each runner. They contain, among other information, emergency instructions to be followed during the race.

### SAFETY ORGANIZATION

1. The Race Director has overall responsibility for the safe conduct of this event.
2. Two park authorities: the Maryland National Capital Park and Planning Commission (County Parks) and the Maryland Department of Natural Resources (DNR or State Parks) maintain jurisdiction of the trails and parkland upon which the race is held. The County Parks authorize use of the Lower Magruder Branch Trail and the

Upper Montgomery County, primarily in the Damascus- additionally the County Parks authorize the use of the Damascus Regional Park for the event start and the use of Seneca Landing on Rileyø Lock Road for event parking. The State Parks- DNR authorizes the use of the Seneca Creek Greenway Trail from Route 355 to the end of Tshiffley Road where it intersects with the C & O Canal Towpath, primarily in the Gaithersburg-Germantown-Darnstown-Poolesville area. The State Park also authorizes use of Seneca Road (as it loops and connects to River road at two points) for parking. The post race øcool downø and picnic will be held on Tshiffley Road near the finish line under the jurisdiction of the MD DNR All park authorities issue permits and authorizes the race as is presented on the website and otherwise.

3 In addition to the start and finish lines there are five runner aide stations which offer communications and first aid. Volunteers are instructed how to handle minor injuries and problems and how to differentiate between serious emergencies. They are instructed to call 911 for anything they deem to be serious or could become serious.

4. In addition to the seven manned stations above, the race crosses seven roads which are open to traffic. Some are more heavily trafficked than others. At a minimum, two volunteers are assigned each road crossing. Race volunteers have been instructed by the police not to attempt to stop any cars, Instead race volunteers stop runners and assist them safely across the roads. Race volunteers are instructed as to how to handle injuries and problems, many are certified in first aid.

5. Montgomery County Fire and EMS are notified each year at least one month in advance of the race. They are provided updated race details, course descriptions and maps. The Chief makes sure that the effected stations know where the race is taking place and are advised about the event. Stations in proximity of the race include: #13 (Damascus), #8 (Gaithersburg-Montgomery Village), #22 (Germantown), #13 (North Potomac) and # 33 (Potomac).

6. A team of race sweepers (a group of usually at least three runners following the last runner) make sure that each trail segment (usually a trail segment is a length of trail separated by two roads) is cleared- all runners have passed that section. One of the trail sweepers is a Montgomery County Firefighter.

7. As of the 2009 race, a medical team headed by Dr. Ellen Smith of Montgomery General (<http://www.wildmedmd.com/>) is involved with the race. Dr. Smith offers runners advice, provides the race director advice and counsel, supports the race and heads a team of medical professionals most of which are on the course for the entire race. Dr. Smith stays in touch with race management and race volunteers can access Dr. Smith and her team during the race. She and her team will also stage at two of the aid stations: Route 355 and Route 28.

ers the course and all road crossings and aide stations  
'water stops are not closed until the last runner and  
sweep team have cleared the trail up to that point.

9. The Race Director has overall responsibility for the safe conduct of the event. His decisions are final. Prior to the race he shall determine that meteorological and trail conditions are consistent with safe conduct of the event. His decision shall be based upon current weather observations and official weather service forecasts for the duration of the event. He shall ensure that all volunteers are properly trained, equipped, and stationed. The Race Director shall be present for the race start and will remain at the starting point until the race begins. He then stays in the field (on roads not on the trails) where he supervises all race activities.

## PROCEDURES

### Prior to the Event.

1. The Race Director shall coordinate with the two park authorities (County and State) prior to the race to ensure that trail is in good shape and course conditions are suitable for safe conduct of the event. The race will only start when he so directs.
2. The race director shall obtain all necessary permits and permission needed to conduct the race.
3. The Race director shall conduct cell phone checks with all aide stations.
4. The race director will involve Dr. Smith in the planning of the race including reviewing medical contingencies.
5. There are no road closures.

### During the Event

#### Road, Trail, and Traffic-related Incidents

1. Any incident requiring medical or police response will be reported to 911. Medical emergencies will be referred to 911 and the nearest hospital which may be Montgomery General or Shady Grove (or the new Germantown Emergency Center). On course minor injuries will be handled at the nearest aid station or by the medical team
2. The bib number of any runner who drops out of the race or falls behind the pace vehicle will be reported to the Race Director. Those runners who fall behind, chose to drop and/or are pulled by the sweeper team

transportation to the finish line and their cars. Those the course will be advised that they are no longer part of the race and will be considered pedestrians. The bib number of any person refusing support will be reported to the race director.

### Lost Runner(s)

The following actions will be taken in the event a runner fails to finish the race and is reported lost.

1. Conduct a record check of the race computer to ensure that the runner started the race and did not finish the race.
2. Notify the Race Director that there is a runner missing. The race director will carry with him a list of all participants to include emergency contact information.
3. Contact all aid stations, sweeper team, and course marshals to ensure that the runner has not turned himself in for assistance.
4. If the runner is still not located direct volunteers to search most likely trail segments.

### Post Race

The race director shall communicate to all park authorities that the race was successfully completed, that trails were left in the same condition as they were prior to the race and provide a brief summary of any incidents. If significant incidents or medical emergencies did occur, the race director shall also report that to the Chief who approved the safety plan for that year.