



THE CONE CHRONICLES

ISSUE 9 | SEPTEMBER 2024

PARALYMPIC GAMES

I showed the Olympic Games a little love in August so it only makes sense to share the love with the Paralympics in September. Below are introductions to just 3 of the 22 sports in which more than 4,000 athletes will participate before the Games are over on September 8.

PARA JUDO

Judo is a martial art that originated in Japan in the late 19th century. Para judo was introduced to the Paralympic Games at Seoul 1988.

Six women's events were added to the Paralympic sports program at Athens 2004, where 118 athletes from 30 nations competed in 13 medal events. France's Karima Medjeded became the first female Para judo gold medalist.

BOCCIA

Boccia is one of the two sports in the Paris 2024 sports program without an Olympic counterpart. Originally developed for people with coordination impairments, boccia has since developed as a sport and now includes athletes with various eligible impairments.

Boccia made its Paralympic debut in 1984, when the Games were held in New York and Stoke Mandeville, Great Britain, featuring 19 athletes from five countries. The USA picked up two of the five gold medals up for grabs and finished atop the medals table.

BLIND FOOTBALL

Blind football is men's five-a-side football adapted for athletes with a vision impairment. Eight teams – Brazil, Argentina, Morocco, France, China, Japan, Colombia and Turkiye – will play for the podium at the foot of Paris' iconic Eiffel Tower.

The sport has been governed by the International Blind Sports Federation (IBSA) since 1996. In 1997, the first IBSA European Championships was held in Barcelona, Spain, while Asuncion, Paraguay, hosted the first American Championships.

One year later, the first World Championships were held in Brazil. The sport was included at the Paralympics for the first time at Athens 2004 and has been staged at every Games since. Brazil are the only team to have won Paralympic gold, most recently at Tokyo 2020.

Want to learn more? Visit <https://www.paralympic.org/paris-2024/sports> for more information.

THIS MONTH....

UPDATES/REMINDERS

Hytera Radios

- Post race collection

TRAINING TIPS

Timing EQ Refresher

- Cabling basics

LOADING TIP

Folding Tables

UPCOMING EVENTS ANNIVERSARIES NEW HIRES AND MORE....



UPDATES/REMINDERS

HYTERA RADIOS - POST RACE COLLECTION

We're hoping to get radios out of vehicles faster, make sure they're all accounted for, and get them charging so they're ready for the next event. To make this happen, we're asking for help from all of you.

There is a charging wall on the far wall of the smaller warehouse, labeled with a spot and charging cord for every radio.

When radios go out for an event, they'll be in a labeled plastic tote or case of some kind



Please bring radios in when you return from an event (same as other electronics)



If you have time, radios can be returned to their spots on the charging wall & plugged in



NOTE: For larger events the worksheet will often include a radio list, assigning radio numbers to individuals; for smaller events, where only 3 or 4 people have a radio, it's up to the lead if they want to keep track or simply know who got one.

At the end of an event, either on-site or when everyone returns to the office, the event lead is responsible for making sure the radios have been collected.

PAST NEWSLETTERS

Are you new to RDE since the beginning of 2024?

Looking for a past newsletter but can't find it in your email?

You're in luck! Sarah Lee has graciously created a secret staff training/reference page. Whether you're looking for a past newsletter or want to watch a training video (full disclosure, the only one so far is the ratchet strap cinematic masterpiece, but we're working on it) just go here: <https://racedayeevents.com/rde-training/>

THURSDAY
SEPTEMBER 12
Chocolate Milkshake Day





TRAINING TIPS

TIMING EQUIPMENT (TIMING EQ) - CABLING BASICS

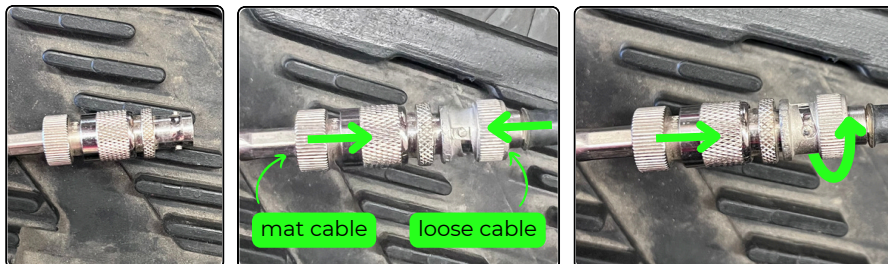
If you've attended a Basic Event Skills Training, you've been shown how to set up timing equipment: mats, cables, decoders, and probably some clocks. However, if you haven't had a chance to work as a Timing EQ at an event, you probably don't remember much of it. The following may not get you ready to go out and set splits on your own, but hopefully it will at least jog your memory enough to be comfortable at a basic 5K.

The mats fit together like puzzle pieces, with one end exposed and the other covered up. Simply line up the two ends and with a little pressure they snap together.



The mats are then cabled together in order to collect the reads from bib tags. Each line of mats that's put out will typically have its own cable bag, with 4 or 8 cables of different lengths. The numbered sticker on each cable identifies the cable's length from 1 to 8 meters. It's generally easiest to start with the shortest cable and work your way up for the number of mats you have (i.e. for 3 mats, use 1, 2, and 3 meter cables; for 6 mats, use 1-6 meter cables).

Slide the straight end of the loose cable onto the end of the mat cable, push on and rotate to lock in place.



The cables are numbered 1-4 or 1-8, based on their length in meters.



After making each connection, tuck the cables into the channels to protect the cables and connectors. Bump up one channel just before you move to the next mat.



To be continued.....

If you can't stand the suspense, or you prefer to learn by video, check out this [MYLAPS Getting Started](#) video on YouTube





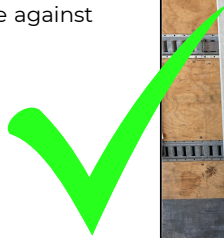
LOADING TIP

FOLDING TABLES

When you're loading folding tables back into a vehicle after an event, please keep the legs (underside of the table) facing toward the wall. This keeps the table's weight against the wall and lessens the chance of them falling onto someone or onto other equipment when the strap is released.

SAFETY TIP: Before removing a ratchet strap that's holding tables, loosen it enough so you can pull out the bottoms first so the tables are leaning against the side of the vehicle rather than standing straight up and down.

- Top of table facing out
- Bottom of table against the vehicle wall



UPCOMING EVENTS, ANNIVERSARIES, NEW HIRES

UPCOMING KEY EVENTS

SEPTEMBER

15th	WTS - Devil's Challenge Triathlon
22nd	Badger Challenge

OCTOBER

5th	Sleeping Bear Marathon
22nd	Winter Run Series - Pumpkin Run

SEPTEMBER ANNIVERSARIES

1 Year	Emma Shaffer
2 Years	Torben Harrison
3 Years	Evan Bach Lawrence Walsh, Jr Nolan Wiedmeyer
7 Years	Marylou Clayton

