

Community Disaster Preparedness

Sacramento Region Citizen Corps Council (SRCCC)
April 8, 2024

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Homeland Security Presidential Directive 8 (HSPD-8) National Preparedness



Emphasizes active engagement and involvement by

- individuals
- businesses
- community-based organizations
- faith-based organizations
- schools
- tribes
- all levels of government
 - (Federal, State, local, tribal and territorial).

Prepare Yourself for Disaster

Preparedness

- Sign up for Sacramento Alert Notifications
 - Know your evacuation zone
 - Make an emergency kit
 - Adopt a communication plan
 - Plan together with neighbor helping neighbor
 - Seniors and people with disabilities
 - Know how to keep your pets safe
 - Learn about all types of emergencies
 - Download the Are You Prepared Guide
 - Learn First Aid
 - Be ready for disasters financially
- Sign up with the nation Next of Kin Registry
 - Get help from FEMA - Are You Ready?
 - American Red Cross "21 Weeks to Prepare" checklist

Public Events

- Aug. - National Night Out
- Sept. - National Preparedness Month
- Oct. - National Cybersecurity Awareness Month
- Oct. - Great ShakeOut Earthquake Drills
- Oct. - Flood Preparedness Week
- Oct. - Regional Mass Notification System test

Emergency Alerts Notifications

Source: <https://sacramentoready.saccounty.gov/Pages/Emergency-Alerts-Notification-System.aspx>



Purpose

- From: County, City, and Special District
- Subject: public safety information
- To: Residents of Sacramento

County OES

- Sacramento, Placer, Yolo

Non-emergency numbers

- <https://www.211sacramento.org/211/>
- <https://311.cityofsacramento.org/>
- <https://311.saccounty.gov/>

State-of-the-art emergency alert system

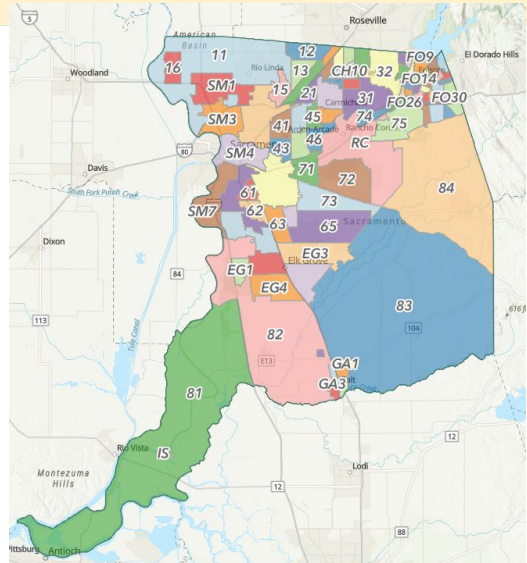
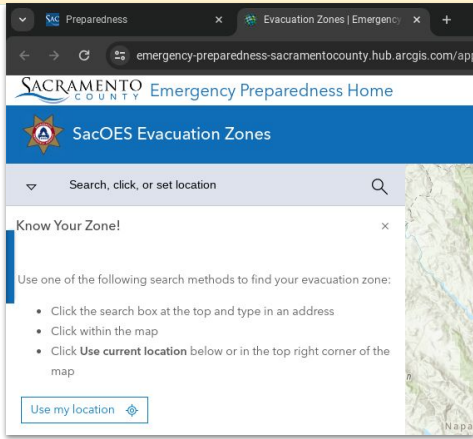
- Web-based application
- Utilizes "reverse 911" data and technology
- Contact info thru "Citizen Opt-In" portal
- Contact methods
 - Telephone, Email, Text, Mobile App, TTY

Alert Events:

- flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods

Know Your Evacuation Zone

Source: <https://emergency-preparedness-sacramentocounty.hub.arcgis.com/apps/af58597c9728406391078ab2ac78ef1d/explore>

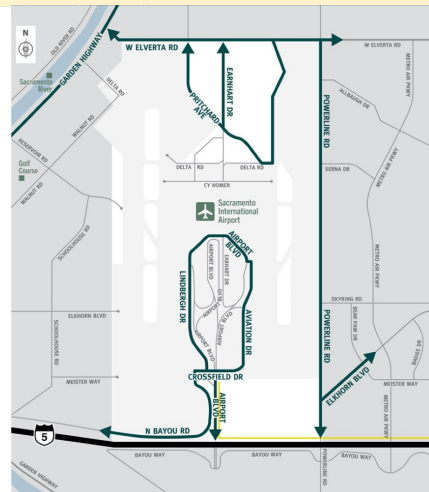
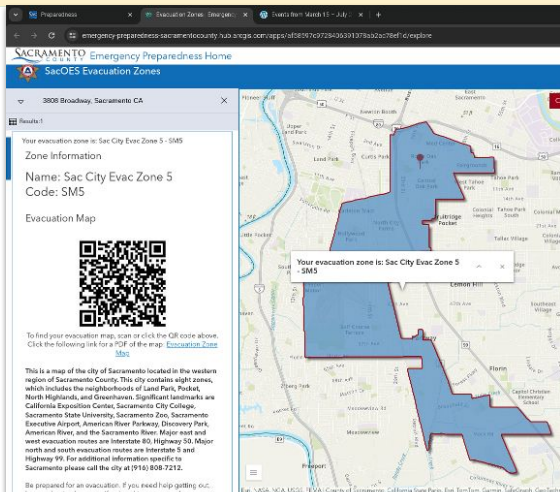


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Know Your Evacuation Zone - Local Map

Source: <https://emergency-preparedness-sacramentocounty.hub.arcgis.com/apps/af58597c9728406391078ab2ac78ef1d/explore>



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Make an Emergency Kit – Basic Kit

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Emergency-Kit.aspx>

- Flashlight and extra batteries
- First aid kit and reference material
- Radio – wind-up or battery-operated, with extra batteries
- Local maps (paper)
- Water – One gallon per person per day for at least three days
- Food – At least 3-day supply of non-perishable food
- Whistle, to signal for help
- Dust mask, to help filter air
- Moist toiles, garbage bags and plastic ties, for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener
- ATM and credit cards
- Cash and change
- Contact info for family and friends
- Prescriptions (enough for a week)
- List medications & dosages for each family member and reason for use
- Eye glasses, hearing aids, and other devices (e.g. cane, walker, chair, etc.)
- Portable phone
- Personal hygiene items (e.g. toilet paper, toothbrush, etc.)
- Mylar blanket
- Keys
- Copies of important documents in a waterproof, portable container (e.g. photo ID, insurance cards and policies, bank account records, etc.)
- Plastic sheeting and duct tape, to shelter-in-place
- Infant formula and diapers
- Sleeping bag or warm blanket for each person
- Household chlorine bleach and medicine dropper.
- Matches in a waterproof container
- Fire extinguisher
- Mess kit, paper cups, plates, plastic utensils, paper towels
- Pencil and paper
- Books and activities for children
- Written instructions for how to turn off electricity, gas, and water. Remember, you'll need a professional to turn them back on.

Adopt a Communication Plan

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Communication-Plan.aspx>

Contact information - Each family member carries:

- Cell phone or coins or a phone card
- Contact card with names and phone numbers
 - Family members
 - Out-of-town contacts
 - Out-of-state contacts
 - Child's school officials
 - Parent's employer emergency contacts
- Store contact info in emergency kit
- Share contact card with emergency contacts

Preparing children

- Talk to your child about how and when to call 9-1-1.
- Children should know how to find these safe places:
 - Family or friends
 - School or library
 - Fire or police station
 - Place of worship
- Make sure small children know their own:
 - phone number
 - address
 - parent's name

Adopt a Communication Plan (cont'd)

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Communication-Plan.aspx>

Reuniting with family members

- Designate two places for family members to meet in the event of an emergency.
- Choose a primary location nearby your house
 - For example, a street light at the corner
 - Meet there (if you can do so safely) in situations where only your home or the immediate area is affected.
- Choose a secondary location outside of the immediate area
 - For example, in front of a grocery store
 - Meet here when an emergency affects a larger area and family members cannot get home safely.
- Use your family's contact card to contact each other about your location, if possible.

Plan Together with Neighbor Helping Neighbor

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Neighbor-Helping-Neighbor.aspx>

Meet the neighbors

- Exchange contact information
- Discuss disasters that may occur in your area
- Discuss how you can prepare

Establish a neighborhood plan

- Discuss the steps to take while waiting for help to arrive
- Discuss multiple evacuation routes out of your neighborhood

Discuss equipment and supplies you can share

- temporary shelter, power generator, transportation, communication devices, first aid

Discuss your emergency skills

- Medical training
- Emergency training
- Technical skills
- Tools skills

Discuss how to assist homes in need

- Children
- Seniors
- People with disabilities
- Pets

Decide who will check on special needs neighbors in advance.

Seniors and People with Disabilities

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Seniors-and-People-with-Disabilities.aspx>

Additional items for an emergency kit:

- Medicare and other medical insurance cards
- Emergency contact information in case of injury
 - Family, friends, relatives
 - Health providers
- Extra supplies for medical equipment
 - Wheelchair batteries, oxygen, eyeglasses, hearing-aid batteries
- List serial numbers and styles of medical devices
- Extra supply of medication
- Copies of prescriptions along with reason for use

Get to know about the various types of emergencies and how to prepare for them.

Develop a support team.

- If you know you will need assistance during an emergency talk to someone you know can help you.
- Discuss your plan with your support team.
- Tell members where you keep your emergency kit.
- Provide a house key to one of your team members.
- Show your support team how to operate medical devices you use.

What else you can do to prepare

- Ask your doctor, pharmacist, and health provider
 - If possible, add them to your support team.
- Identify your disability by wearing medical alert tags or bracelets.

Know How to Keep Your Pets Safe

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Keep-Pets-Safe.aspx>

Before an Emergency

- Learn where your pet likes to hide
 - Finding your pet helps you evacuate faster.
- Make sure your pet can be identified
 - Both a microchip and collar ID tag
 - With current information
 - Carry a photo in case you are separated
- Locate a shelter for you and your pet.
 - Pets may not be allowed in public shelters
 - seek alternative locations in advance
 - homes of family or friends
 - pet-friendly hotels/ motels
 - kennels and veterinary hospitals.
- Have a crate or pet carrier available
 - Transport and safe keeping
 - Also prevents your pet from running away
- Display a pet rescue decal
 - Front door or window
 - Tells first responders of a pet in the house
 - Include your vet's contact information
- Develop a support team
 - Ask a neighbor, friend or relative to look after and evacuate your pet, if necessary.
 - Tell them where your emergency kit is located and where to meet during the emergency.
- Prepare a list of emergency contact information
 - Include veterinary hospitals and animal control agencies

Know How to Keep Your Pets Safe (cont'd)

Source: <https://sacramentoready.saccounty.gov/Prepare/Pages/Keep-Pets-Safe.aspx>

Including the following pet items when preparing your emergency kit:

- Extra water
- Pet food and medications
- Copy of your pet's vaccination records
- Photo of you with your pet as proof of ownership
- Litter, pan or newspaper, and plastic bags for sanitation needs
- Leash, collar, and ID tags
- Pet's favorite toy or familiar items (to reduce stress)

During an Emergency

- Bring your pets inside
- If you must evacuate without your pet
 - Leave your pet loose inside your home
 - Leave plenty of food and water
 - Place a note outside your home:
 - Type of pet and where it is in your home
 - Your contact information
 - Your vet's contact information

After an Emergency

- If you leave town, take your pets with you.
- Your pets may be disoriented after the disaster
 - Give them time to settle down
 - Maintain close contact
 - Monitor them closely
- Changes in behavior are normal after a disaster
 - If problems persist contact your veterinarian

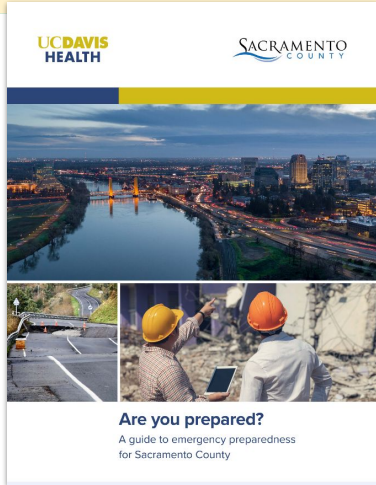
Learn About All Types of Emergencies

Source: <https://sacramentoready.saccounty.gov/Emergencies>

Type	Link
Air Quality	https://sacramentoready.saccounty.gov/Emergencies/Pages/Air-Quality.aspx
Earthquakes	https://sacramentoready.saccounty.gov/Emergencies/Pages/Earthquakes.aspx
Fires	https://sacramentoready.saccounty.gov/Emergencies/Pages/Fires.aspx
Floods & Rain	https://sacramentoready.saccounty.gov/Emergencies/Pages/Floods-and-Rain.aspx
Fog & Cold Weather	https://sacramentoready.saccounty.gov/Emergencies/Pages/Fog-and-Cold-Weather.aspx
Heat	https://sacramentoready.saccounty.gov/Emergencies/Pages/Heat.aspx
Terrorism	https://sacramentoready.saccounty.gov/Emergencies/Pages/Terrorism.aspx
Wildfires	https://sacramentoready.saccounty.gov/Emergencies/Pages/Wildfires.aspx
Wind	https://sacramentoready.saccounty.gov/Emergencies/Pages/Wind.aspx

Download the “Are You Prepared” Guide

Source: <https://sacramento-ready.saccounty.gov/AreYouPrepared/Pages/default.aspx>



- Important Local Numbers
- Preparing For Emergencies
- Reporting Emergencies
- Emergency Alert System (EAS)
- First Aid and CPR
- Natural Disasters
- Public Health Emergencies
- Terrorism and Threats
- The National Terrorism Advisory System
- Personal Wallet Cards
- Local Emergency Phone Number Wallet Cards
- Local Emergency Services Phone Numbers
- Sacramento County Map

Learn First Aid

Source: <http://www.redcross.org/take-a-class/program-highlights/cpr-first-aid>



- Cardiopulmonary Resuscitation (CPR)
- Automated External Defibrillators (AEDs)
- First-aid for Choking
- First-aid for Drowning
- First-aid for Seizures
- First-aid for Bleeding
- Broken bones
- Electric shock
- Home First-Aid Kit
- Preventing accidents at home

Be Ready for Disasters Financially

Source: https://sacramentoready.saccounty.gov/Prepare/Pages/financial_preparedness.aspx

Emergency Financial First Aid Kit (EFFAK)

Have Access to Cash

- Save into an emergency savings account
 - Three to six months of living expenses
- Cash at home in a safe place
 - Banks may close
 - ATMs, debit and credit cards may not work
- Enroll in direct deposit instead of paper checks
- Enroll in “auto pay” for bills
- Be prepared to pay online
- Postpone payments
 - Contact your bank, lender, and other financial institutions about options

Protect Important Documents

- Hard copies of financial, critical personal, household, and medical information
 - Fireproof and waterproof container
- Save soft copies to the cloud
 - Ensure access from alternate locations
 - Consider access to family or friends
- Insurance
 - Property (homeowners or renters)
 - Health and life insurance
 - Flood (National Flood Insurance Program)
 - Takes 30 days to go into effect
- Review existing policies
 - Ensure the amount and extent of coverage is right for all possible hazards

“Next of Kin” Registry (NOKR)

Source: <http://nokr.org/nok/restricted/home.htm>



Emergency contact system

- Central depository for emergency contact information in the United States
- FREE tool for use during emergencies and disasters
- Personal information stored in secure area
- Only accessible by emergency public trust agencies registered with NOKR

NOKR.org

- non-profit humanitarian organization
- established in January 2004

Usage

- Family member missing, injured or deceased
- Existing identification tells who they are
 - Driver's license, ID card, credit cards
- NOKR identifies who to contact

Reasons to sign-up

- Lost, missing or injured child, adult or senior.
 - Lack of information about family or contacts
- Accidents while traveling
 - Unconscious person unable to communicate
- Natural disasters or acts of terrorism
 - Lack of resources to search for next of kin
 - Deceased person

Get Help from FEMA - Are You Ready?

Source: <https://www.ready.gov/sites/default/files/2021-03/are-you-ready-guide.pdf>



How to Prepare for Disasters

Know the Risks

- Basic Protective Actions for all Disasters
- Key Protective Actions for Specific Hazards
 - Active Shooter ... Winter Storm

Make Plans

- Family Emergency Communication Plan
- Evacuation and Shelter Plan

Take Actions to Protect Yourself, Family and Property

Recover from Disaster

American Red Cross “21 Weeks to Prepare” checklist

Source: https://sacramento-ready.saccounty.gov/Prepare/Documents/21_weeks_to_prepare_red_cross2011.pdf

Weekly shopping list based on a family of 4

Week 1: Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing or fill. Check off each item as you go. A family emergency container to hold items (backpack, duffel bag or large tote). A set of dishes and sturdy chairs for each family member. Copies of important papers (birth certificates, ID, insurance policies, passports, home inventories, etc.).

Week 2: 1 gallon water, 1 jar peanut butter, 1 box crackers, 2 boxes energy bars, weather radio \$1.75

Week 3: 1 gallon water, 2 cans meat/fish, 2 cans fruit/veggies, manual can opener, weather radio \$1.75

Week 4: 1 gallon water, toilet paper, 1 plug hand sanitizer, 1 roll paper towels, 1 roll paper napkins, weather radio \$1.75

Week 5: 1 gallon water, 1 box toilet paper, 2 rolls toilet paper, 1 box local tissues, weather radio \$1.75

Week 6: 1 gallon water, 1 box of 16 & 20s, 1 box gloves, 1 box tissues, 1 emergency blanket, weather radio \$1.75

Week 7: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 8: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 9: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 10: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 11: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 12: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 13: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 14: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 15: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 16: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 17: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 18: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 19: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 20: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

Week 21: 1 gallon water, 1 box emergency blankets, 1 emergency blanket, weather radio \$1.75

***Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.**

Customize your kit for your family:
 For Babies: baby food formula, bottles, diapers, extra water for formula and washing bottles
 For Seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications
 For Pets: carrier, medications, vaccination and health records, ID tags, photos of you with your pet(s)
 For Children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Do-It-Right Disaster Prep: When you change your clothes, check your kit. Replace expired food, medicine and batteries. Check clothing for fit and season. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit redcross.org.

Tour your home to gather items already in hand

Place items in waterproof bags or containers before storing in an emergency kit.

- Extra clothes, sturdy shoes
- Copies of important papers
- 3-day supply of medications
- Emergency contact information
- Evacuation plan and maps
- Extra xsh in small bills
- Spare keys and eyeglasses
- Books, games, and toys

Gather more items each week

Preparedness Events - 2024

National Night Out - August 6th

- <https://natw.org/>

National Preparedness Month - September

- <https://www.ready.gov/september>

National Cybersecurity Awareness Month - October

- <https://staysafeonline.org/programs/cybersecurity-awareness-month/>

Great ShakeOut Earthquake Drills - October 17th

- <https://www.shakeout.org/>

Flood Preparedness Week - October 19-26

- <https://water.ca.gov/What-We-Do/Flood-Preparedness/Flood-Preparedness-Week>

Regional Mass Notification System Test - October

Preparedness Partners



American Red Cross

[American Red Cross - California Gold Country Region](#)



**Sacramento Region
Voluntary Organizations
Active in Disaster**

COOPERATION | COMMUNICATION | COORDINATION | COLLABORATION

[Voluntary Organizations Active in Disaster \(VOAD\) - Sacramento Region](#)



THE REGIONAL CENTER FOR VOLUNTEERISM
HandsOn Sacramento
COMMUNITY LINK CAPITAL REGION

[Regional Center for Volunteerism - Hands On Sacramento](#)



[Sacramento County Animal Care Services](#)



SACRAMENTO
LOAVES & FISHES

[Sacramento Loaves & Fishes](#)

Prepare Your Community for Disaster

Affiliated Programs

- Sacramento Region Citizen Corps Council
- Sacramento Medical Reserve Corps (SMRC)
- Community Emergency Response Team (CERT)
- Teen CERT
- CERT Animal Response Team (CART)
- Volunteers in Police Service (VIPS)
- Neighborhood Watch
- Amateur Radio Groups

Public Events

- July - Independence Day
- July - California Capital Airshow
- Dec. - California International Marathon

Sacramento Region Citizen Corps

Source: <https://srccc.org>



Objectives

- Foster collaboration across sectors
 - Public sector
 - Private sector
 - Volunteer and community sector
- Develop community resilience goals & strategies
- Tailor plans to community vulnerabilities and populations
- Council membership reflects
 - population composition
 - hazard profile
 - community infrastructure

Mission

- Provide leadership, guidance, and planning support
 - Plan, Prepare, Mitigate, Respond, Recover
- Be a resource to local, state, tribal, and other councils
- Promote affiliate programs
- Promote volunteer training
- Share ideas with other programs

Initiatives

- Disaster Response
- Disaster Recovery
- Public Education Programs
- Public Events

Sacramento Medical Reserve Corps

Source: <https://aspr.hhs.gov/MRC/Pages/index.aspx>
<https://sacoes.saccounty.gov/SacramentoMedicalReserveCorps/Pages/default.aspx>



What

- Nationally supported, locally implemented
- Engage active and retired medical professionals and non-medical volunteers
- Supplement emergency and public health resources
- Strengthen public health
- Enhance community resiliency
- Promote emergency preparedness

Where

- Sacramento Medical Reserve Corps

How

- Basic disaster response skills
 - Set up medical treatment areas
 - Large-scale disaster
 - Public health emergency
 - Hospital surge
 - Extreme weather
- Non-disaster activities
 - Community disaster preparedness drills
 - First aid stations at community events
 - Health screenings at health fairs
 - Flu clinics

Community Emergency Response Team

Source: https://community.fema.gov/PreparednessCommunity/s/about-cert?language=en_US



What

- Nationally supported, locally implemented
- Prepare people for community disasters
- Supplement or relieve professional responders

Where

- Sacramento City Fire Dept CERT
- Sacramento Metro Fire Dept CERT
- Elk Grove-Galt CERT
- Folsom CERT
- West Sacramento CERT

How

- Basic disaster response skills
 - Organizing teams
 - Fire safety
 - Light search and rescue
 - Disaster medical operations
 - Monitor downed power lines
 - Help fill sandbags
- Non-disaster activities
 - Assist neighbors/coworkers in need
 - Distributing information to the public
 - Supporting emergency operations centers
 - Helping to manage traffic and crowds
 - Staff first aid booths at special events
 - Assist with installation of smoke alarms
 - Participate in parade route management

Teen CERT

Source: <https://www.ready.gov/kids/teen-cert>



What

- Involve youth in emergency preparedness and response plans
- Support school emergency operations plan
- Assist emergency services personnel
- Apply lessons learned to home and family

Where

- Participating high schools

How

- Basic disaster response skills
 - Organize volunteers
 - Assist in evacuations
 - Give assistance to survivors
 - Provide damage assessment information
 - Provide shelter support
 - Assist with crowd control
- Non-disaster activities
 - Participate in disaster drills and exercises
 - Present fire safety education
 - Assist in preparedness outreach
 - Provide peer mentoring
 - Address safety issues in the school

CERT Animal Response Team (CART)

Source: <https://community.fema.gov/PreparednessConnect/s/article/Updates-to-CERT-Supplemental-Material>



What

- Nationally supported, locally implemented
- Prepares people for community disasters
- Supplement or relieve professional responders

Where

- Sacramento CERT Animal Response Team
- Cal. Animal Response Emergency System (CARES)
- UCD Cal. Veterinary Emergency Team (CVET)
- California Veterinary Medical Reserve Corps
- Sacramento County - RedRover Responders

How

- Basic disaster response skills
 - Setup animal shelters
 - Recognize animal behavior & signs of stress
 - Handle animals in an emergency situation
- Non-disaster activities
 -

more...

Volunteers in Police Service (VIPS)

- Enhances the capacity of state and local law enforcement
- Where
 - Sacramento Volunteers In Police Service
 - Volunteers in Partnership with the Sheriff
 - CHP Senior Volunteer Programs
 - Citrus Heights PD Volunteer Program
 - Rancho Cordova PD Volunteer Program
 - Folsom PD Volunteer Programs
 - Elk Grove PD VIPS
 - West Sacramento VIPS

Neighborhood Watch

- Crime prevention program that teaches citizens techniques to reduce the risk of being a victim

Amateur Radio Groups

- Basic disaster response skills
 - Communicate over long distances without relying on typical infrastructure
- Where
 - Sacramento Sheriff's Amateur Radio Program (SHARP)
 - Sacramento Fire Department CERT-22 Radio Club, KS6FD
 - Sacramento Valley Regional ARES

SRCCC Initiatives



Disaster Response

- Sand Bagger Brigade
- Wildfire Response Support

Disaster Recovery

- Storm Drain Clearing
- Snow Shovel Brigade

Public Education Programs

- Scams - Safeguards & Countermeasures
- Cybersecurity - Best Practices & Technical Safeguards
- Community Preparedness
- Neighborhood Emergency Training
- Homeless Response Support
- Substance Use Disorder Response Support

Neighborhood Emergency Training

<https://sacramentoready.saccounty.gov/Prepare/Pages/Neighbor-Helping-Neighbor.aspx>

Meet the neighbors

- Exchange contact information
- Discuss disasters that may occur
- Consider how to prepare

Establish a neighborhood plan

- Discuss steps while waiting for help to arrive
- Plan multiple evacuation routes out of your neighborhood

Discuss sharing equipment or supplies

- temporary shelter, generator, transportation, communication, first aid supplies, tools

Reveal your skills

- Medical skills
 - First aid, nursing, doctor, dentist
- Technical skills
 - Construction, electrical, heating, gas, plumbing, automobiles, computers
- Disaster response training
 - Fire suppression, search and rescue, first aid, evacuation, sandbagging, debris removal

Assist those in need

- Find out who has children, seniors, people with disabilities, and pets.
- Decide, in advance, who will check neighbors

Public Events

Independence Day celebrations - July 3 & 4

- <https://www.ranhocordovajuly4th.com/>

California Capital Air Show - July 13 & 14

- <https://californiacapitalairshow.com/>

California International Marathon - December 8th

- <https://runsra.org/>

For more information...

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Or visit us at: <https://srccc.org>