

1 – CHALLENGE CUP RELAY ~ M08-3

THE CHALLENGE CUP

The Challenge Cup Relay is the largest and most unique law enforcement race in the world. It is a 120-mile, 20 stage, foot race beginning at Baker, California and finishing at Las Vegas, Nevada. All law enforcement agencies are invited to participate, however; selection is at the sole discretion of the Race Committee. Refer to Chapter 411 for Application Information.

AWARD CATEGORIES		
	CATEGORY	DEFINITION
1	Open	Any Gender – Any Age
2	Mixed	A minimum of 5 Female Runners
3	Women Elite	Only Female Runners; pick from entire agency
4	1000	Agency with 1000 or less sworn personnel
5	800	Ages of Runners must total 800 years or more
6	300	Agency with 300 or less sworn personnel
7	150	Agency with 150 or less sworn personnel
8	99	Agency with 99 or less sworn personnel
9	Sta	Geographic Stations or Offices within selected agencies (LAPD, LASD, CHP) agencies, cannot exceed 500 total personnel
10	FSta	Geographic Stations or Offices within Federal agencies, cannot exceed 500 total personnel
11	Inv(*)	Invitational – Civilian & Sworn members of the Criminal Justice System
12	Inv Mix{ *}	Same as 10 but with a minimum of 5 Females
13	Guest	An Invited Team with Unknown Ability
13	500Inv(*)	Agency with 500 or less – Civilian & Sworn members of Criminal Justice Sys.
{*} All categories EXCEPT these must be ALL Sworn fulltime Peace Officers		

RELAY HISTORY

The Challenge Cup Relay began in 1985 with 19 teams as a race for Police Officers to improve their physical fitness. Pulling together twenty runners per team, along with the necessary support personnel, is only the first step along the challenging path.

In 2007 the Twenty Thrid Annual Challenge Cup Relay accommodated 227 teams.

Thousands of runners, hundreds of support personnel, countless volunteers, tens of thousands of dollars, and innumerable work hours culminated in the finest race possible.

This event is the "Super Bowl," of Law Enforcement and the Champions are the best the police world has to offer.

Refer to Chapter 411 for relay Winner Information.

THE PURPOSE

The purpose of this highly competitive event is to promote camaraderie, physical fitness, pride, and teamwork throughout a broad spectrum of law enforcement personnel.

The grueling, non-stop competition demonstrates the need for superior physical fitness and teamwork. It also presents a unique and more positive view of law enforcement to the public we serve.

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THE COURSE

The Challenge Cup starts 19 miles north of Baker, California on State Highway 127. It follows the highway north to the town of Shoshone, California where it branches east on State Highway 178. It then crosses into Nevada just south of Stage Ten, on Nevada State Route 372. After a few miles, the course passes through Pahrump Nevada where it turns to the right on Nevada State Route 160.

The race course is divided into 20 stages, each approximately six miles long.

The start line is at an altitude of about 700 feet.

The course follows rolling desert topography, climbing slowly to Ibex Pass (2,090 feet).

After a short downhill jaunt, the course again starts a series of rolling climbs until it tops out at Mountain Springs Summit at about 5,600 feet.

From this point, it is all downhill to the finish line.

Refer to Chapter 411 for Finish Line Location.

THE RULES COMMITTEE

The LAPRAAC Board has appointed Sgt Jim Katapodis to act as Race Director. It is his responsibility, in conjunction with the Rules Committee, to maintain equality in the team entry and selection process.

The Race Director retains exclusive authority for coordinating and directing the relay. He will appoint and designate race officials, monitors, and other volunteers, who shall be considered as Representatives of the Race Director. The Committee is responsible for developing and enforcing the rules in a manner to promote a safe and competitive race.

They may handicap teams by restricting their selection pool of runners, selective invitation, or denial of participation for specific reasons.

All decisions made by this committee will be made in the best interest of the communities, the relay, and the involved law enforcement officers.

Although all issues may not be specifically addressed within the rules, the committee retains the exclusive authority for coordinating, defining, interpreting, and judging the relay.

The Rules Committee will decide all exceptions, and or rules violations on an individual basis.

Refer to Chapter 411 for Rule Committee Members

RACE OFFICIALS

USA TRACK & FIELD OFFICIALS

These officials will authenticate the start and finish times of all participating teams.

STAGE Officer-in Charge (OIC)

Each Stage point has an appointed Stage OIC who is responsible for maintaining and enforcing the race rules. Specifically, they are to assure that all vehicles and pedestrians in, or about, the Stage comply with all of the rules.

Each Stage OIC will have a staff of volunteers, provided by each of the teams, to assist in the orderly operations of the Stage.

The Stage OIC will be responsible for interpreting and enforcing the rules and documenting all rule violations.

For situations not covered in specific written instructions, they will use their best judgment to assure a fair and safe race.

AMATEUR RADIO OPERATORS (HAM's)

Each Stage has a group of Amateur Radio Operators appointed as Race Officials for the purpose of Emergency Communications, Early Warning, and Time Keeping.

The times are recorded by electronic chips. Communication officials are used to monitor the equipment and as back up timing to generate the final Challenge Cup Report depicting the individual runner and the team statistics.

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RV SUPPORT GROUP

These Officials set-up the Exchange Point including all equipment and logistical support, runner registration, issuing bib numbers & pins, verification that medical information is complete and for providing adequate space for the Radio Amateur Timing Officials to set-up and function.

These Officials will accumulate all records for their stage at the close of operations, and have these records ready for collection by a Race Committee representative, at the close of operations.

MEDICAL

Volunteer Doctors, Nurses, EMT's, and first aid trained personnel will be in attendance to provide emergency medical treatment for race personnel.

All stages will have a medic team available to respond to any emergency.

In addition to the assigned medics, a team of doctors and nurses will staff a first aid trailer located near stage # 3.

Ground ambulance and Air services will be provided for those who require transportation to a hospital.

TRAFFIC ENFORCEMENT

Volunteer motor riders who enforce Baker to Vegas rules as they pertain to ALL vehicle driving. Their mobile ability has them policing all drivable aspects of the race course.

Their duties include citing violators, lead motor for the Start, follow any runners who may be in need and most importantly police the Highway 160 area of the course.

Over 50 motor officers will be staged along the course coordinated by their own communication system; their duty is to preserve safety.

2-RACE INFORMATION ~ M08-3

RACE DATE & LOCATION

The Race will begin approximately 19 miles north of Baker California on Highway 127.

- ❖ Baker is located on Interstate 15 approximately 200 miles northeast of Los Angeles between Barstow, California and Las Vegas, Nevada.
- ❖ Refer to Chapter 411 for race date, finish line location, awards & command post information.

TEAM CAPTAIN MEETINGS

Monthly meetings will be held at the Los Angeles Police Academy, 1880 N. Academy Drive, Los Angeles, on a scheduled basis. Team Captains or designated alternates are asked to attend. Meetings will begin at 1130 hrs and end at approximately 1300 hrs. A complimentary buffet lunch is provided. Special provisions can be made for Teams located a great distance from Los Angeles.

- ❖ Refer to Chapter 411 for specific schedule

FEES AND FORMS

The official forms supplied, or copies thereof, will be the only forms accepted by the Race Committee. All entries must be typewritten OR printed legibly.

- ❖ A \$100.00 non-refundable service fee will be charged to all teams.
- ❖ Refer to Chapter 411 for entrance fee and cut-off dates.

RACE DAY BRIEFINGS

Teams will be scheduled to attend either the Las Vegas or the Baker briefing according to their assigned flight time. Basically, mid-afternoon flights will attend the Baker meeting and all others will attend the Las Vegas meeting.

- ❖ Race day briefings for Team Captains, Assistants & ALL Follow Vehicle Drivers & Crews, will take place as detailed in Chapter 411, Race Day Briefing.
- ❖ It is mandatory that Team Captains attend their scheduled meeting.
Failure to Check In will be a violation of Rule 3.1.a. {Team declared Un Official}.
- ❖ It is mandatory that ALL of your Follow Vehicle Drivers & Crew members attend their scheduled meeting.
- ❖ Team Start times and Briefing assignments will be announced at a later date.

START TIMES

Start times will be determined by team estimates and number of teams. The goal is to assure the safety of the race participants as well as all the others on the highway, Start time assignments and briefing schedule will be announced at a later date.

- ❖ The relay flights will start exactly at the scheduled times to be determined and announced later.
- ❖ All Leg 1 runners must sign in with the RV Support Officials 30 minutes prior to their flight time.

They shall attend a 15-minute countdown and baton issue at the Start Line.

No Exceptions! {Refer to Rule 3.2}

BAKERVEGAS OFFICIAL WEB SITE

Log on to the official web site for up-to-date official forms, links, instructions and other information

www.bakervegas.com

or E-Mail

chuckfoote@bakervegas.com

2-RACE INFORMATION ~ M08-3

ACCOMODATIONS & SERVICES

- ❖ Refer to Chapter 411 for accommodations and services listing.

MOTOR HOMES

Motor homes will be permitted on the active race course between sunset and sunrise. During these hours, they must be parked in a designated area. Please note the travel restrictions for motor homes while the race is in progress.

- ❖ Team Captains - Please inform ALL of your Motor Home users of these rules.
- ❖ Violators will receive a penalty that will be applied to the team they represent.
- ❖ Motor homes will not be allowed to park on the Race Course, (Excepting OFFICIALS)
- ❖ Motor homes shall NOT be used as a follow vehicle or runner shuttle (to or from a Stage).
- ❖ Motor homes must be prominently marked with the team name and number.

TRAVEL RESTRICTIONS

- ❖ Motor Homes will be permitted to travel Southbound, Towards Baker, on the Race Course AFTER the Stages have been closed to their immediate south.
- ❖ Motor homes will be allowed to drive Eastbound, towards Las Vegas, on Highway 160 (a four lane roadway) DURING the active race.

MOTOR HOME PARKING AREAS

Baker High School	In Posted Areas
Shoshone	Limited Facilities !! NO Parking on Air Strip!!
Pahrump	Numerous Locations – With Hookups
Tacopa Hot Springs Road	10 Miles east of Pahrump – Paved Road
Stage 16	Sandy Valley Road – Plenty of parking

AWARDS CEREMONY

The Awards Ceremony will be held at **7:00 PM**. Awards will be available for pickup after **7:00 pm**.

- ❖ Refer to Chapter 411 for location information.
- ❖ The overall champions will be awarded The Challenge Cup perpetual trophy.
In addition, the Team will be awarded 21, handmade, sterling silver belt buckles, with a total value in excess of \$2800.
- ❖ The Challenge Cup Trophy must be returned to the Race Committee prior to the following year's race.
- ❖ The Women's overall Champion will receive 20 commemorative rings.
- ❖ Commemorative mugs, 24 per team, will be awarded to the top contenders of each category.

3 - GENERAL RULES ~ M08-3

GENERAL INFORMATION

The magnitude and logistics of the Challenge Cup Relay require that ALL participants involved in this race, whether Runner, Support, or Spectator, conduct them selves in a safe and professional manner. It is imperative that everyone knows and follows the rules. The race rules and appeals procedures have been derived over years of experience. The continuation of this race, upon the roadways of California and Nevada, demand that our rules be vigorously enforced AND apply to all participants.

- ❖ California DOT, Local law enforcement, Race Officials, assigned officers, and volunteers will monitor the race. Citations, (Race and/or Official) will be issued to offenders.
- ❖ Warnings of infractions will be noted and corrected immediately.
- ❖ Non-compliance and certain other infractions will result in an immediate disqualification of the team and removal from the race course.
- ❖ Highway 127 from Baker through Shoshone to the Stateline will not be closed for the race. Local residents and vacationers will be using the highway in addition to our vehicles, so be careful! Remember, we are guests of the desert community, please respect the residents rights to a safe highway.
- ❖ Obey all race rules!
- ❖ Police all trash. Let's leave the desert better than we found it!

The Race is Officially over at 1100 hours (11:00 AM). Teams Not Finished by that time will be declared Unofficial and times will NOT be entered.

- ❖ Runners may continue to run but the Team Support personnel shall assume ALL responsibility for following them to the Finish Line and rendering any required emergency aid.

ELIGIBILITY RULES

- 1) Organizations having over 300 personnel may have an organization wide team.
- 2) They shall not use personnel from subdivisions of that organization that have a team.
- 3) All new teams entering the race for the first time and who do not meet the existing rules for competition (i.e. 150, 99, etc.) will be placed in the Guest Category. Their competition status will be reviewed the following year.
- 4) A combination team may use up to a maximum of four (4) contiguous agencies if it is not possible for them to formulate a team on their own.
- 5) Invitational or Inv Mix teams. All members must be full time employees except Line Reserves.
- 6) Each year following the race, the Rules Committee will review the top ten finishing teams to assure rules compliance for the next year.
- 7) Entrance into the 99, 150, 300 and 1000 categories is exclusive to agencies of those total personnel. All agencies with multiple teams may enter the Open, Mixed, 800 or Station categories.

PROTESTS

Protests or complaints of suspected infractions shall be written and turned into the OIC, at the next Exchange Point, or directly to a Race Official at the finish line prior to the official closing of the race at 11:00 AM.

- ❖ Any Team member that becomes aware of any infraction or violation of the rules should have their Team Captain submit a written protest.
 - If possible, try to prevent the violation from occurring by informing the offending party that their actions are in violation of the rules.
- ❖ A protest form is included in the Team Captains Forms booklet.
- ❖ Complaint submitted after closure of the Finish Line will NOT be accepted or considered.

3 - GENERAL RULES ~ M08-3

PENALTIES

The rules, as specified herein, will be strictly enforced. Violations will be assessed appropriate penalties as noted under the specific rule. The following table defines the penalty symbols used throughout this Rule Book. Refer to Rule Book Chapter 7 - PENALTY PROCEDURES.

TYPE	DESCRIPTION
<i>Pt(5)</i>	A Penalty of 5 Minutes will be added to the Team Finish Time
<i>Pt(UO)</i>	Team Un-Official. (Last Place) Individuals recognized for records.
<i>Pt(DQ)</i>	Team Disqualified. Team members not recognized for awards or records.
<i>Pt(DQI)</i>	Same as above with the Immediate Removal from the Race.

BASIC RULES

1. 1. RUN PLAN & RACE DAY BRIEFING

Teams will be allowed only 20 runners and 10 alternates on their Team Run Plan. The Team *Preliminary Run Plan* shall be submitted to the committee using a copy of the Official form supplied in the *Team Captains Forms* handout. Refer to the handout for more detailed information.

- a) The Team Captains or Co-Captain shall check in with the Registration Officials at one of the Race Day Briefings to confirm their Final Run Plan. (Even if there are NO changes!)

Pt(UO) **For NOT checking in at one of the Race Day Briefings.**

- b) To permit reasonable last minute contingency changes, the Team Captain may make a maximum of 3 changes at the Final Race Briefings without penalty. {Refer: Rule 6.11}

Pt(30) **For making more than 3 changes.**

- c) *Preliminary Run Plans* must be registered by the announced cut-off date.

PT(UO) **For not registering before the cut-off date.**

2. 2. START LINE RUNNER

The Race will start on time! Team Captains shall have their starting Runner report to the Start Line Registration Table and check in NO LATER than 30 minutes prior to Start Time. The runner shall stay in the vicinity of the Start Line and attend the Pre-Start Briefing and Baton Issue, 15 minutes prior to the start gun.

Pt(5) **For Late check in or for missing briefing.**

3. 3. SWORN VOLUNTEER

Each team shall provide one sworn Officer/Civilian to assist the *Race Director*. The assigned person shall report to the assigned location at the stipulated time and perform the duties as assigned. They shall remain until released by the *Stage Director* or representative.

Pt(n) **Penalty for reporting late. A 5 Minute penalty will be assessed for each minute increment passed the stipulated reporting time.**

Pt(DQ) **For failure to provide, show up, or leaving without approval.**

Pt(UO) **For Failure to Sign In, Sign Out or unresponsive to OIC.**

3 - GENERAL RULES ~ M08-3

4. 4. TEAM CATCHER

Each Team shall provide support personnel described as a "Team Catcher".

- a) The Catcher shall be responsible for assisting the incoming Runner to exit the handoff zone safely and expeditiously at each exchange point, including the Finish Line!

Pt(5) For NO Catcher or NOT assisting Runner at the Exchange Point.

- b) The Catcher shall wear a reflective vest with the Team Number displayed on front.

Pt(5) For NO vest.

5. 5. ALCOHOL

The consumption and or open container of ANY alcoholic beverage in public view, or in a vehicle, by a Runner, Support Personnel, Spectators associated with a Team, or others attached to Team in any manner, is prohibited.

Pt(DQI) Cause for immediate disqualification. Team will NOT be invited back.

6. 6. ALTERCATIONS

Verbal altercations or unbecoming conduct with any Official will not be tolerated

Pt(DQI) Immediate Disqualification.

7. 7. OFFICIALS INSTRUCTIONS

Every person within the Stage Location area and the Race Course shall follow Race Official's instructions and directions in general. Warnings will be officially noted in writing and will be reviewed by the Race Rules Committee to determine repeat offenders and penalties.

Pt(5) to (DQI) Depending upon circumstances.

8. 8. TRASH

The disposal of Trash on the desert or along the roadway is prohibited. Carry out all trash.

Pt(5) to (DQ) Depending upon circumstances.

9. 9. START LINE RUNNER DROP ZONE

A small marked area has been provided *South* of the Start Line for dropping off Runners. Drivers shall NOT remain in this area for more than 1 minute, and shall remain in the vehicle at all times.

Pt(5) For each infraction.

10. 10. VEHICLE MARKINGS

All vehicles associated with this Race {Including spectators} shall be marked with their Team Number on the *front, rear and both sides* of the vehicle *with letters at least 6 inches high*. Suggest the use of removable White Shoe Polish.

Pt(10) For unmarked vehicles.

11. 11. STAGE 20 INFORMATION

Special handout reference map

Pt(5) Failure to follow prescribed route

12. 12. FINISH LINE CLOSURE

The Race is OFFICIALLY over at 1100 hours (11:00 AM). Teams NOT FINISHED by that time will be declared UNOFFICIAL and times will NOT be entered. Runners may continue to run but the Team Support personnel shall assume ALL responsibility for following them to the Finish Line and rendering any required emergency aid.

13. 13. AGENCY ROSTER

The names of all Runners and Alternates shall be listed on the Teams Agency Roster.

4 - RUNNERS RULES ~ M08-2

GENERAL INFORMATION

The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause the Team to be penalized or disqualified from the race.

- ❖ It is suggested that the Team Captain duplicate Chapters 3 & 4 and give a copy to each Team Member and support personnel.
- ❖ All rule violations and warnings will be reviewed by the Race Rules Committee for appropriate action.

PENALTIES

1. STAGE CHECK IN

All Runners shall complete check in with the RV Support Officials, at their assigned stage prior to taking the handoff.

- ❖ The Runner shall present a photo ID card {or photo copy} and obtain their Bib Numbers.
- ❖ They shall fill in the required medical information per {Rule 4.6}.

Pt(5) Penalty for failure to check in.

2. ALTERNATE RUNNER SUBSTITUTION - (M08-2)

Should a Scheduled Runner fail to appear for their scheduled leg, an Alternate Runner may substitute without penalty. The Scheduled (No Show) Runner may be assigned to the Alternate Pool.

- ❖ The alternate runner shall check in with the RV Support Officials & obtain a WHITE bib number PRIOR to taking the handoff {Rule 4.1}. They must provide a photo ID card. They shall print their name, initial and gender in the Alternate Column of the Stage Roster

Pt (10) Penalty for NOT checking in as Alternate.

3. DOWNED RUNNER REPLACEMENT

If a Runner cannot complete their assigned leg, only an Alternate Runner (wearing a YELLOW bib) may pick up the baton and complete the leg.

- ❖ The Alternate Runner is NOT required to sign the Stage Roster at the completion of the leg.
- ❖ The Alternate Runner shall NOT run any other leg in the race.
- ❖ The Follow Vehicle Observer shall Print the Name of the Alternate and print a DR flag in the Remarks column of the Official Log Sheet.

a. Pt(10) Penalty for substituting a runner. Team remains official.

b. Pt(10) Failure of FVObserver to print Name or a DR flag on FV Time Sheet!

4. RUNNING MULTIPLE LEGS

No Runner, Scheduled or Alternate shall run more than one leg in this race.

Pt(UO) For running more than one leg.

5. BIB NUMBER DISPLAY

Assigned Runners and Alternate Runners shall obtain their Bib Numbers from the RV Support Officials at their assigned Stage. Downed Runner Alternates will obtain their YELLOW bib numbers from their Team Captain in the Follow Vehicle. The Medical information must be filled out on front bib only.

- ❖ All runners shall have front and back numbers.
- ❖ The bib number shall be worn on the front chest area and middle of the back DO NOT FOLD TRIM, OR ALTER THE NUMBER in any fashion.
- ❖ Any other location is an infraction.
 - If the Runner covers up due to cold or inclement weather, the number shall be moved to the front of the outer garment.

PT(5) PENALTY FOR EACH INFRACTION OF IMPROPER DISPLAY

4 - RUNNERS RULES ~ M08-2

6. BIB NUMBER DISPLAY

Assigned Runners and Alternate Runners shall obtain their Bib Numbers from the RV Support Officials at their assigned Stage. Downed Runner Alternates will obtain their YELLOW bib numbers from their Team Captain in the Follow Vehicle. The Medical information must be filled out on front bib only.

- ❖ All runners shall have front and back numbers.
- ❖ The bib number shall be worn on the front chest area and middle of the back DO NOT FOLD TRIM, OR ALTER THE NUMBER in any fashion.
- ❖ Any other location is an infraction.
 - If the Runner covers up due to cold or inclement weather, the number shall be moved to the front of the outer garment.

Pt(5) Penalty for each infraction of improper display.

7. RUNNERS CLOTHING (M08-2)

When the temperature exceeds 79°f,

All runners shall wear only approved head covers { White hats or open head visors }.

All runners shall wear upper body cover (t-shirt or singlet).

No one shall wear sweat pants or tights. (OK when temperatures is less than 79° f.)

Pt(UO) Penalty for any infraction

8. BATON

Each runner must use the Official Timing Baton provided at the Start Line.

The Runners shall carry the baton in their hand at all times. The baton may NOT be tucked into a sleeve, sweatband, belt or pocket.

No person, other than the designated runner, may possess the baton at any time.

a. Pt(5) Penalty for failure to hand carry .

b. Pt(DQ) For Unauthorized possession by others.

9. BATON HAND OFF

The waiting Runner shall take the handoff of the Baton within the designated waiting area.

Pt(5) Penalty for handoff outside of the Chute.

10. WARM UP ~ (M08-2)

All Runners warming up on the highway, during the hours of darkness, shall be required to wear reflective clothing per Rule 4.16 and have a lighted flashlight in their possession.

Pt(5) Penalty for each infraction.

11. UNAUTHORIZED RUNNER ASSISTANCE

No Runner will be physically assisted in forward movement in any manner by any means.

- ❖ This includes a pacer preceding, following or running with the Runner.
- ❖ No animals are allowed to run with relay member.

Pt(DQ) For any infraction.

4 - RUNNERS RULES ~ M08-2

12. RUNNERS PATH

All runners shall use the extreme right portion of the roadway, remaining as close to the right hand pavement edge as is practical.

- ❖ The runner may use the unpaved shoulder if desired.
- ❖ When designated the runner shall use the sidewalk or dirt shoulder.

Pt(5) For each infraction of not running in the stated fashion.

13. RUNNER SUPPORT VEHICLES

Only an Official Follow Vehicle, with an amber rotating light may follow the Runner.

- ❖ If individual pickup drivers are absolutely necessary, then they shall proceed directly to the stage location and park. They shall NOT follow the Runner or drive abreast of the runner at any time.

Pt(UO) For each infraction.

14. RUNNER DELAY

Runners delayed by an unusual event, such as a Rail Road Delay or an Emergency Services Delay, will have their time adjusted by the length of the delay.

- ❖ The Follow Vehicle Observer shall make a notation of the LEG # and the actual minutes and seconds of delay on the bottom of the Official Log Sheet.
- ❖ Team time and Runner time will be adjusted for the delays.

15. FRIENDLY ADVICE TO RUNNERS

Drink plenty of water. When you run in the desert, the sweat evaporates faster than normal, so you don't realize that you are losing so much water.

- ❖ Don't just pour it on your head!
- ❖ It's better to Drink it instead of having the Medics pump it into your arm!
- ❖ Stoke up on water Before you run.

16. REFLECTIVE CLOTHING ~ (M08-2)

All night time runners will wear a Reflective Vest & a Flashing Arm Band (worn on LEFT arm) or wear a Flashing Vest.

- The band can be purchased at any bicycle shop. The band shall be capable of flashing a bright red light.
- Vests may be purchased from LAPRRAC.

Pt(5) For each infraction.

5 - TEAM VEHICLE RULES ~ M08-5

7. BRIEFING

All Follow Vehicle Drivers, Alternate driver and follow vehicle support staff shall attend the special briefing as noted in Chapter 2 - RACE DAY BRIEFINGS.

Pt(DQ) Team Disqualification for non-attendance.

8. FOLLOW VEHICLE CHECK IN

Follow Vehicles shall report to the Check In area (Location to be announced.) at least one hour prior to their scheduled Start Time. About 20 minutes prior to their Start Time, the Follow Vehicles will be convoyed to the Follow Vehicle Staging Area to await their first runner.

- If a teams Follow Vehicle fails to check in then their runner will be prohibited from starting.

Pt(The Runner will be held at Start Line until their Follow Vehicle checks in. The delay time is the team penalty)

9. FOLLOW VEHICLE STAGING AREA

Follow Vehicles will be convoyed to the Staging Area where they shall await their first runner. Park in accordance with the Staging Area Officials directions. Your FRS radio must be turned on. Someone must remain in the vehicle and monitor the radio. Staging Area Officials will announce Team Numbers as the runners approach the Staging Area.

Pt(Refer to rule 5.4 Frs Radios Required)

10. FOLLOW VEHICLE FOLLOWING A RUNNER

1. The Follow Vehicle shall follow in back of the Runner at a safe distance.
2. The Follow Vehicle shall stay to the extreme right hand side of the roadway.
3. When practical, the vehicle shall straddle the pavement edge and the dirt shoulder to allow other vehicles to pass unimpeded.
 - Exception #1. For a **very limited** distance, the vehicle may be driven alongside of the Runner to render aid.
 - Exception #2. When a runner overtakes a Follow Vehicle, the overtaken vehicle shall move to the left to allow the runner to pass on the right of the vehicle.

Pt(5) to (DQ) Depending upon circumstances.

11. RUNNERS OVERTAKING A FOLLOW VEHICLE

1. When a Runner overtakes a leading Runner, the overtaking Follow Vehicle shall call the overtaken Follow Vehicle, using the FRS radio, and request that they move to the left. The overtaken Follow Vehicle shall move to the left so that the runner can pass on the fog line.
2. As soon as practical, the vehicle shall resume following both runners at the extreme right side of the roadway.
3. The overtaking Follow Vehicle shall remain behind the overtaken vehicle keeping to the extreme right side of the highway.
4. When there is sufficient space between Runners, the lead Follow Vehicle shall inform the overtaking Follow Vehicle that it is OK to move in.

Pt(5) to (DQ) Depending upon circumstances.

12. LEG 20 INFORMATION

Please refer to the special handout for detail information on the final leg and the finish line procedure.

5 - TEAM VEHICLE RULES ~ M08-5

13. FOLLOW VEHICLES - Highway 160 Special Rules

All Follow Vehicles and Runners traversing Highway 160 between Pahrump (Stage 13) and Decatur shall remain on the paved shoulder of the Highway to the RIGHT of the fog line.

!USE YOUR FRS RADIO TO ASSIST IN PASSING!

- Follow Vehicles shall NOT move to the left of the fog line (into the traffic lanes) from Stage 13 to Decatur Road. (40-miles) This INCLUDES while rendering aid to their runner

RUNNER PASSING FOLLOW VEHICLE

When a Follow Vehicle is to be passed by a Runner:

1. The overtaken Follow Vehicle shall move to the LEFT as far as possible. Staying to the RIGHT of the fog line.
2. Slow up and allow the runner to pass on the RIGHT.

FOLLOW VEHICLE PASSING ANOTHER FOLLOW VEHICLE

When an OVERTAKEN Follow Vehicle is to be passed by another Follow Vehicle:

1. The overtaken Follow Vehicle shall move to the RIGHT onto the dirt shoulder.
2. Slow and/or Stop and allow the overtaking Follow Vehicle to quickly pass.
3. The passing Follow Vehicle must stay to the RIGHT of the fog line.

Pt(DQ)

For any infraction of Rule 13 et al.

14. FOLLOW VEHICLE OBSERVER

The Team Captain will provide the Follow Vehicle Observer with an Official Log Sheet stamped "OFFICIAL" The Official Log Sheet is the ONLY form that can be used for recording changed runners, downed runners and to claim Official Delays. All information written on the Official Log Sheet by the observer shall be in **PENCIL**.

- Log sheets must be turned in at the Finish Line within 15 minutes of your finish.
- When a downed runner is replaced, the observer shall indicate the replacement runners name above the downed runner and print the symbol **DR** to indicate a downed runner.

a. Pt(UO) Failure to turn in or not using Official Log Sheets.

b. Pt(10) Failure to note DR or not indicating a replacement Runners Name

5 - TEAM VEHICLE RULES ~ M08-5

ALL VEHICLES

15. VEHICLE CODE VIOLATIONS

Team Vehicles violating any vehicle code shall be given a GREENIE by the Nevada or California Highway Patrol. The team will be penalized accordingly.

Pt(xx) In accordance with the violation.

16. PASSING VEHICLES – GENERAL

5. NO PASSING zones exist for 100 feet BEFORE each Stage Entrance to 100 feet AFTER each Stage entrance!
6. All Vehicles are prohibited from driving abreast {Side by Side} except while in the process of passing. {See Special Rule # 13 for Hwy 160}
7. The Passing Vehicle shall NOT impede traffic to take pictures.
8. An Overtaken Vehicle shall pull to the far RIGHT of the roadway to assist the Passing Vehicle
9. The Passing Vehicle shall use the utmost caution in passing. There are numerous Blind Spots & Curves.
10. Avoid using the south bound lane to pass congested areas unless you have a clear view of the oncoming traffic.

Pt(5) to (DQ) Depending upon the infraction

17. START LINE TO STAGE 3 - NO PARKING ZONE

NO One shall be allowed to stop or park along the road between the Start Line and Stage 3

All vehicles stopped or parked in this area will be penalized.

- Exception : Vehicles may park in the area 100 feet past the exchange point. Authorized Official Vehicles are excepted from this rule.

Pt(UO) Infraction for Unauthorized parking in No Parking Zone.

18. START LINE PARKING & U-TURNS

Parking at the Start Line is limited to Official Vehicles ONLY.

All other vehicles will be permitted to park 100 yards SOUTH of the Start Line.

No Parking, Stopping, U-Turns or Off Loading Passengers NORTH of the Start Line!

Pt(10) For each infraction.

19. ALL STAGES - NO PARKING ZONES

There shall be NO Parking or Stopping within 1 mile prior to or 100 feet after the Exchange Points. {Officials Vehicles Excepted}.

Pt(10) For each infraction.

20. SHOULDER PARKING

Parking shall be done safely, as far off the road as practical. No vehicle shall be stopped or parked on or about the roadway or shoulder in any manner that may impede traffic or runners.

Pt(5) For each infraction.

21. UNAUTHORIZED FOLLOW VEHICLES

Only officially designated Follow Vehicles with required Lights and Signs will follow the Runner.

All other vehicles, including transport vehicles, and spectators, must proceed safely and expeditiously along the roadway.

Pt(5) For each infraction.

5 - TEAM VEHICLE RULES ~ M08-5

22. MOTOR HOME PARKING

Motor homes will not be permitted to park or wait alongside of the highways of the race course. Parking on the desert, completely off of the highway and the shoulder, is done at the complete discretion of the driver. Be aware, tow service may take hours to obtain! {Chapter 2 - Motor Homes}

Pt(DQ) For Unauthorized parking.

23. MOTOR HOME USAGE

Motor Homes shall be NORTH of the Start Line by 1200 noon Race Day. They shall NOT be driven on the ACTIVE race course between Sunset and Sunrise.

See Chapter 2 - MOTOR HOMES for further explanations of these restrictions and exceptions.

In addition, Motor Homes shall NOT be used to shuttle to or from a relay point and shall NOT be used as a Follow Vehicle.

Pt(DQ) For Unauthorized usage.

6 - TEAM CAPTAINS ~ M08-3

In order to assure a safe and enjoyable race, the Race Committee depends heavily on the attention given to the Race by the Team Captains and the Co-Captain. With the number of People & Vehicles in the field, we are depending upon YOU to help make this a successful and SAFE race.

- ❖ The following is a general guide to the responsibilities and functions that a Team Captain is expected to exercise.

BASIC INSTRUCTIONS

- 1) Please read all of the rules and make certain that ALL of your team members, volunteers, support people & visitors read, understand and agree to abide by them.
 - ❖ It is strongly urged that you duplicate specific chapters of this manual and distribute them to the appropriate team members & family members who will be attending the race.
- 2) If your team will have boosters, family members, and or spectators in the field, it is mandatory that they mark their vehicles with the team numbers and that they be informed of the rules.
 - ❖ They must conform to the rules or their team will be held accountable and will suffer the penalties.
 - ❖ Make sure each team member understands these rules!
- 3) Each Captain must have a Co-Captain as a matter of official record.
 - ❖ Only the Captain or Co-Captain is the official spokesperson for the team.
 - ❖ One of the Captains must attend all scheduled pre-race meetings to represent their team.
 - Unless specifically exempted by the Race Committee.
- 4) The Cutoff date is January 31, 2008 (LAPD- DP # 1) for personnel hires and transfers which will be the available pool of runners for each team.
 - ❖ A complete agency/division roster must be submitted by February 29, 2008.
- 5) Your Preliminary Run Plan must be submitted on Line by 10:00 (pdt) on the MONDAY preceding the race day.
 - ❖ Once the Preliminary Run Plan has been submitted, no telephone, fax or E-Mail changes will be accepted. They will be discarded without notice!
 - ❖ Changes must wait until the Race Day Briefings
- 6) Each Team Captain will provide the Race Director with the name of one Sworn Officer/Civilian who shall be assigned to work at one of the stage locations or special functions.
 - ❖ For your planning ease, we will attempt to assign the workers to their posts prior to the last Team Captains meeting.
 - ❖ Preference for assignments will be given to teams in the order of receipt of their Entrance Fee.
- 7) The RV Support Officials will issue bib Numbers to the Runners at the assigned Stage.
 - ❖ Additional Numbers will be given to the Team Captain for mounting on their Follow Vehicle, and their catchers vest.
 - ❖ Yellow Bib Numbers will be in your Follow Vehicle package in case you have a Downed Runner.
 - ❖ An Alternate Runner who substitutes for a Downed Runner will use the yellow numbers.
 - An Alternate Substitute for a NO SHOW runner shall *sign in* and get their number from the *RV Support Officials* at the Stage.
- 8) Check that all Runners read and understand the Runners Rules.
- 9) Check that Follow Vehicles and Support Vehicle personnel read, understand and abide by all of the rules.
- 10) Make certain that the Follow Vehicle crew understands their responsibility to the Runners Safety.
- 11) Make certain that The Follow Vehicle crew understand that they will maintain the Team Runner Log and record any official delays.

6 - TEAM CAPTAINS ~ M08-3

RUN PLAN PROCEDURES - SUMMARY

It is IMPERATIVE that you Read and Follow the Step-by-Step Instructions

STEP 1 – CREATE AN ON-LINE PRELIMINARY RUN PLAN.

Once you have paid your entry fee, you will be given a password for On-Line Registration of your Runners.

1. Log on to www.bakervegas.com and press the [Register Runners] button or log on to the site directly at www.ezmeets.com/bakervegas/bakervegasentries.html
2. Type in your Team # and your password.
3. *Read the instructions at the top of the web page.*
 - ❖ Follow the instructions on the form. Fill it in with your preliminary run order.
 - STAGE 11 Runner Exception. Type in the runners first name instead of their initial. This is for the Pahrump welcoming committee announcer.
4. Be sure to press the [Save Entries] button at the bottom of the page or your data will NOT be recorded, and your entries will be erased.
5. You may adjust or change your run order as often as necessary up until the deadline – 10:00am (pdt) on the MONDAY preceding the race day.
6. You may browse other team's roster by omitting the password.
7. When you are satisfied with your preliminary run plan, press the [Save Entries] button and then press the [Print This Page] button. Make several copies of your preliminary run plan. You will need them at the Vegas check-in if you want to make last minute changes.

STEP 2 – PREPARE A FINAL RUN PLAN

If you need to make last minute changes to your run order, then you must prepare a Final Run Plan BEFORE you check-in with the check-in officials.

1. Download the official form, "Final Run Plan.doc", from the Bakervegas web-site.
2. Use MSWord to create several blank copies.
3. Do NOT use any other form in-lieu of this official form, they will NOT be accepted by the Officials.
4. Use MSWord to fill in the form with your final run order.
 - Otherwise fill in a blank form using a ball point pen. (Not pencil) Hand PRINT the entries, leaving space above the name for Follow Vehicle changes.
5. If you do NOT need to make any changes to your "Preliminary Run Plan" then all you have to do is Check-in with the Officials and receive a pre-printed "Final Run Plan" to be given to your Follow Vehicle personnel. This form must be turned in to the Finish Line Official at the end of the race.

STEP 3 – PREPARE A ROAD MAP DEPICTING CHANGES.

**After completing your "Final Run Plan" in Step 2 above,
prepare a Road Map depicting all of your changes.**

1. Use a copy of your original "Preliminary Run Plan" to create the map.
2. Indicate change of positions by using arrows.
3. Put the TAIL (A heavy dot or tail feathers) on the "R #" of the runner being moved FROM.
4. Direct the arrow head to the "R #" where the runner is being move TO.
5. EXCEPTION: If 2 runners are swapping locations, then use an arrow with HEADS at both ends.

6 - TEAM CAPTAINS ~ M08-3

STEP 4 – CHECK-IN WITH OFFICIALS

When all changes have been completed, bring your prepared “Final Run Plan” and your “Road Map” to the check-in Officials. Do NOT submit empty forms to the Officials.

1. These forms must be presented by either of the Team Captains. Sending someone other than one of the Team Captains will be cause for a 30 minute penalty.
2. The check-in Officials will check your forms and determine if penalties are incurred.
3. They will stamp your “Final Run Plan” as official and return it to you for use by your Follow Vehicle personnel.
4. The Follow Vehicle personnel will use this form to report changes due to No Show or Downed Runner. They shall also use it to indicate any Official Delays. They must submit this completed form to the Finish Line Officials at the end of the race.

RULES SUMMARY

Check-in Changes

You may make a maximum of 3 changes of runner order without penalty.

1. More than 3 changes will incur a 30 minute penalty.
2. Scratching a runner and replacing them with an Alternate is NOT counted as change.

In The Field Changes

1. Replacing a No Show runner in the field with an Alternate is NOT a penalty.
 - ❖ The No Show runner may be used as an Alternate (*New rule for 2008*)
2. A scheduled runner must run their assigned leg, or be replaced by an Alternate without penalty.
 - ❖ Changing the Run Order after the Team Captain Check-in will be cause for Disqualification.

Category or Start Times Changes

If a team must change their Category or their Start Time, they must contact the Race Director or Race Consultant to authorize the change. The Race Official will accompany the Team Captain to the Computer Official to make the necessary changes to the data base.

7 - PENALTY PROCEDURES ~ M08-2

During the Race, the Rules Committee will sit in session to evaluate all Rule Violations submitted.

- ❖ Most importantly, the committee will review all Traffic Citations & Greenies turned in by CHP, NHP, Las Vegas Metro Police and the Race Motor Officials.
- ❖ Other items of concern will be the written notices of Rule Violations, Warning and Protests.
- ❖ In addition, the committee will check the Runner Sign In Rosters, Official Team Log Sheets and the Stage Time Sheets for procedural violations.
 - Items of specific concern will be violations of the sign in rules, improper bib display, no visible bib number, and unauthorized substitutions.
- ❖ Preliminary Penalty findings will be posted, periodically, near the Finish Line.
- ❖ It is the responsibility of the Team Captain to monitor these postings.

VIOLATIONS

The War Room Officials will assemble violations from the various sources and prepare a list of Preliminary Penalties for the Rules Committee to post at intervals at the Las Vegas Hilton Hotel.

- ❖ Protests from Teams will be accepted by the Finish Line Officials until it closes.
 - Protests will not be taken after the Finish Line closes.
- ❖ Greenies, Warnings, and Protests turned in at the Stages will be picked up and forwarded to the War Room Officials by a Committee appointee.
- ❖ The War Room Officials will prepare a list of all noted violations for review by the Rules Committee.

RULES COMMITTEE ACTION

Protests not covered by the rules will be evaluated and noted. If they are of a minor nature, the Rules Committee will issue a letter of warning to the offending team.

All Violations of the rules will be reviewed by the Rules Committee and if found credible will cause the team to be given a time penalty.

- ❖ All time penalties will be in increments of 5 minutes.
- ❖ All penalties may be appealed to the Rules Committee in the War Room by the Team Captain, Co-Captain or concerned team member.
 - The penalty posted will stand if there is no appeal.

Warnings will be evaluated to see if the offending Team (et al) has repeated the infraction at other stages.

- ❖ Evidence of repeated offenses will be cause for a Team penalty.

Serious Rules Violations will require the appearance of the Team Captain or Co-Captain, and possibly the involved member, to explain or justify the actions of their team.

- ❖ Depending upon the severity of the violation, the number of repetitions, and other factors, the Team could be penalized (time), (UO), (DQ), or (DQI). OFFICIAL RESULTS

UN-OFFICIAL TIMES

Un official times, including violations and penalties will be posted at the awards area no later than 1600 hours on Sunday.

- ❖ This is the last chance for a Team Captain to challenge the penalty or validity of the results.
- ❖ Challenges to the Rules Committee must be made as soon as it is posted.

OFFICIAL FINISH LINE TIMES

At 1800 hours, final results will be printed, posted and will be the Official Finish Times

8 - COURSE DESCRIPTION ~ M08-3

This chapter gives a brief description of the topography of each leg, including the mileage and ranked in difficulty from 1 (most difficult) to 20 (least difficult).

Stage 1 5.4 Miles Difficulty 13

Flat with slight declines then at 4-mile point a gradual incline until 5.1 mile mark then .3 mile downhill.

Stage 2 8.2 Miles Difficulty 1

The first mile is downhill. The next 3.0 miles are flat. Then begins the strenuous climb four miles toward Ibex pass. The final mile of this climb is the steepest. This is the most difficult stage in the race.

Stage 3 5.1 Miles Difficulty 6

This leg continues the climb to Ibex pass. There are 3.4 miles of steep uphill before reaching the top at 2,090 feet. The last 1.7 miles are all downhill.

Stage 4 6.0 Miles Difficulty 20

The entire leg is downhill although the last couple of miles begin to flatten out. The runner awaiting the handoff must be alert. Visibility of the approaching runner is limited by curves. The Tacopa Hot Springs road enters from the right at 4.8 miles. Stay on Highway 127.

Stage 5 6.1 Miles Difficulty 12

This leg begins with a brief downhill section and is followed by a fairly flat couple of miles. The last 3 miles are rolling hills ending just before the town of Shoshone. At 1.7 miles, a road enters from the right stay on Highway 127.

Stage 6 6.2 Miles Difficulty 5

Fairly flat until about 1.3 miles where the uphill begins. The gradual incline soon becomes a very arduous hill, topping out at about the 5 mile mark. The leg finishes with 1.2 miles of downhill. The stage begins about .7 miles south of the intersection of Highway 127, and State Route 178 at Shoshone. Turn right onto State Route 178.

Stage 7 7.3 Miles Difficulty 2

This leg begins at Chicago Valley Road with one mile of a slight downhill. Then a continuous slight climb that begins to get steeper at about the 3 mile point. It climbs steadily and becomes even more difficult the last 1.5 miles. The stage ends just a few hundred feet over the crest of the hill.

Stage 8 6.8 Miles Difficulty 9

This stage starts, almost immediately, with a short downhill then goes uphill for about 1.5 miles. The remainder of the stage is along a gradual descent. The stage finishes with a very short uphill to the handoff .3 mile past Cal/Nev Stateline.

Stage 9 5.8 Miles Difficulty 16

This stage is flat. It takes the runner into the friendly community of Pahrump Nevada.

Stage 10 5.3 Miles Difficulty 14

This stage consists of a slight but continuous incline. At 1.5 miles after the handoff the runner will make a right turn onto Nevada Highway 160. ~Caution~ The next 40 miles of the course is characterized by very fast traffic!

8 - COURSE DESCRIPTION ~ M08-3

Stage 11 4.7 Miles Difficulty 19

There is a nice downhill for the first .7 miles, with the remaining 4 miles being a steady incline.

Stage 12 7.0 Miles Difficulty 3

This stage begins with a long steady incline of 4.2 miles. The stage then levels off with a gentle decline for the last 2 miles. At this stage runner and F/V will use the paved shoulder lane. Parking for support vehicles is on the Tacopa Road, south of Highway 160.

Stage 13 5.4 Miles Difficulty 7

This stage begins with 1 mile of downhill and then the runner begins a steady climb toward Mountain Springs Summit. This runner will tackle the first 4 miles of the climb from approximately 3000' to 3800'.

Stage 14 5.2 Miles Difficulty 8

The entire length of this stage is uphill. At about the halfway point, the climb becomes most severe, eventually finishing at the Sandy Valley Road. This stage climbs from approx. 3800' to 4400' not unusual to see snow!

Parking is very limited. Only one vehicle per team, PLEASE!

Stage 15 5.5 Miles Difficulty 4

This stage, without question, provides one of the most difficult challenges of the race with 5.5 miles of tough, continuous uphill running. At 4.5 miles into the run, it gets steeper. Starts at an elevation of 4400 feet, and ends just short of the summit at 5400 feet.

Stage 16 6.8 Miles Difficulty 11

For .6 miles, the runner climbs to the summit at 5495 feet and then a continual descent to 1900 feet. Very fast very steep downhill!

Stage 17 7.3 Miles Difficulty 10

The entire leg is one long continuous descent until the runner reaches Fort Apache Road here they will be assisted in making a left turn to the exchange point 500 feet

Stage 18 5.7 Miles Difficulty 15

Starts with 4/10 miles flat then slight uphill for 2/10 mile. At 1.0 mile begins a long gradual downhill for 2.8 miles then slight up and flat for the remainder.

Stage 19 5.8 Miles Difficulty 17

Begins with a slight uphill as the runner will go over the 215 Freeway. After a short decline the runner will begin a slight uphill until they reach Desert Inn. Runner will turn right and enter a coned off traffic lane. The remainder of the leg is a slight downhill.

Stage 20 4.4 Miles Difficulty 18

Flat to downhill for 2.0 miles. Runner has a slight uphill as they go over the 15 Freeway then down as they pass under Las Vegas Blvd. Slight uphill until the runner reaches Paradise where they will be assisted in making a left turn. At this point the runner will get on the sidewalk for the last .3 mile; the runner will enter the Hilton Convention Room for the Finish. F/V will drive to the designated area to drop off Assistant with the "Official Run Plan Sheet".

9 - MEDICAL INFORMATION ~ M08-4

FOLLOW VEHICLE CREW

The Follow Vehicle Crew is responsible for the immediate safety and well being of the Runner. They must NOT let the Runner become a medical statistic. Be Alert! Watch the Runner at all times.

- ❖ Watch for signs of fatigue, dehydration, and for physical exhaustion!
- ❖ The *Follow Vehicle Crew* must be prepared to take immediate steps to prevent a Medical Emergency.
- ❖ Because of the extreme difficulty in trying to determine the Runners physical status from the *Follow Vehicle*, it would be wise to have someone with running experience riding as an observer, possibly an Alternate Runner.
- ❖ The crew must make every effort to keep the runner cool.
- ❖ Slow them down if they show any signs of a problem.
- ❖ Almost without exception, all previous medical emergencies could have been prevented or sharply reduced, if the Follow Vehicle Crew had taken prompt, appropriate action.

MEDICAL DEPLOYMENT

A Medical Crew of licensed EMT will be on call at each Stage to supply emergency care when needed.

- ❖ Past history has shown the majority of emergency calls are made in the first six stages.
- ❖ A first-aid station will be established approximately 1 mile south of Stage #6.
- ❖ This station will be supplied with a Doctor, Nurses, and EMT's who will determine if a Downed Runner requires further medical attention.
- ❖ Ground ambulance transportation will be available to move Downed Runners to the first-aid area or to the hospital.
- ❖ Air evacuation will be on hand for emergencies that require immediate hospitalization. Determine what your insurance company will cover!

MEDICAL PROBLEMS

FATIGUE

The medical dictionary defines fatigue as the "Temporary loss of power to respond, induced in a sensory receptor or motor end organ, by continued stimulation".

- ❖ Translation, even though the mind says "go on" the body begins to rebel.
- ❖ "Rubber legs" is the first sign that the Runner is headed for trouble.
- ❖ When Runners legs begin to stiffen they will begin to stagger and they will look like they are running in pain, believe it, they ARE! This is the time to take action.
- ❖ Slow them down and make sure that they drink plenty of water.
- ❖ If necessary, make them walk awhile. Above all, DON'T urge them on!

DEHYDRATION

This is the common cause of most of the Medical Emergencies.

- ❖ Dehydration cannot be determined (In the high temperature, low humidity conditions of the desert) by the quantity of sweat generated.
- ❖ Sweat evaporates immediately to cool the body.
- ❖ It is therefore mandatory that the Runners *drink water* periodically throughout their race.
- ❖ Do Not assume that spraying water on a hot Runner will forestall dehydration.

Offer the Runners a sip of water on a timely basis. Don't ask if they want water, offer it to them!

- ❖ Even so, some Runners will refuse water right up to the time they PASS OUT!
- ❖ During the heat of the day, make certain that you watch their water intake.
- ❖ Spraying water on the Runner is to be used in Addition to Drinking, Not as a substitute.
- ❖ It is more of a comfort aid, than a means of cooling the core temperature of the Runners body.
- ❖ If it is apparent to you that the Runner is suffering the beginning signs of dehydration, pull them over and get them into some shade.
- ❖ Make them sip water and douse them with water to cool them down.
 - Don't let them proceed until fit.

9 - MEDICAL INFORMATION ~ M08-4

EXHAUSTION

This can range from simple physical exhaustion to Heatstroke. It most certainly can be prevented by proper care and attention to the Runner by the **Follow Vehicle Crew!**

- ❖ Simple physical exhaustion is when the Runner just plain runs out of gas.
- ❖ This is usually the result of not being physically conditioned prior to the race.
- ❖ If the Runners have been properly hydrated throughout the race and seem to be slowing down, they are fatigued and probably nearing physical exhaustion.
- ❖ Slow the Runner down! Don't encourage the Runners to try harder!
- ❖ Watch them carefully for other signs!

HEAT EXHAUSTION

This is difficult to predict from the **Follow Vehicle**. Once it occurs and the Runner goes down, the symptoms are weakness, nausea, dizziness, weak and rapid pulse, and probably profuse sweating (**if they have been properly hydrated**). Watch for the telltale signs:

- ❖ The Runner who has refused to drink for a long period of time.
- ❖ Possible changes in the Runners head color (temperature).
- ❖ Changes in the Runners leg movements! (Rubber legs).
- ❖ Attitude or personality changes.
- ❖ If the Runners seem pale, weak, depressed, or any of other symptoms of distress, take immediate action.
- ❖ Slow or stop them immediately and make further determinations.
- ❖ Get the Runner into the shade and have them lie down.
- ❖ Re-hydrate them with small sips of water.
- ❖ If immediate action if NOT taken, the Runner could suffer from Heatstroke!
- ❖ If the Runner needs medical assistance, use your FRS Radio to relay a message to the nearest STAGE.
- ❖ In extreme cases, forget the race, transport the runner to the nearest exchange point and get aid!

HEATSTROKE

Heatstroke is the result of letting a situation get completely out of hand. It is usually the result of the Follow Vehicle personnel NOT observing any of the above indications. Heatstroke most usually results in unconsciousness of the Runner.

- ❖ This is a VERY serious condition and requires immediate Medical Attention.
- ❖ Symptoms will include redness of the face, dilated pupils, very hot skin with a full but slow pulse.
- ❖ Get the Runner into shade immediately!
- ❖ Get Medical Assistance!
- ❖ Remove or loosen any of the Runners restrictive clothing.
- ❖ Bathe the Runner liberally in cold water and ice to reduce the body temperature as quickly as possible.
- ❖ Do Not give water to an unconscious person!

PREVENTION

The key to a safe and successful Team is the attention that the **Follow Vehicle Crew** gives to their Runners. They must be ever alert for signs of trouble or the Runner will suffer the serious consequences.

- ❖ Watch the **RUNNER** at all times for signs of **DISTRESS**:
- ❖ Their Refusal to drink water.
- ❖ Or worse yet, it wasn't offered!
- ❖ Runner is beginning to slow down and seems disoriented or in obvious physical distress.
- ❖ Runner is running on rubber legs, weaving around, staggering, stumbling, falling, heading into the desert, talking crazy, not talking, - etc., etc.
- ❖ Take immediate action before the Runner becomes a statistic.
- ❖ Be aware, there are no roadside emergency phones, and cellular phone service is sporadic to nonexistent.
- ❖ All Stages will have a Medic Team in attendance.

10-COMMUNICATIONS RULES ~ M08-2

1. COMMUNICATIONS FORMS

All teams will be required to turn in the Communications Form packet to the Communications Director by March 17, 2008. Communications will be coordinated and verified by the Communications Coordination Team

- a. Pt(5) Penalty for forms turned in after March 17, 2008.*
- b. Pt(10) Penalty for forms turned in after March 31, 2008.*
- c. Pt(DQ) Penalty for failure to submit form. Team not allowed to run the race.*

2. VOICE COMMUNICATIONS

All communications equipment shall be type accepted, as defined by the FCC, and must be operated within the approved power restrictions for the frequencies used and the license held.

- ❖ Teams requesting to use radio frequencies that require a license must be able to produce a copy of the required license upon request.
- ❖ Teams using rental radio systems must have the frequencies listed on the Communications Form. Frequencies will be checked for accuracy by the Communications Coordination Team
- ❖ Each Radio Operator is solely responsible for the proper operation and utilization of the equipment they are using. This includes non-interference to licensed and coordinated radio frequencies whether or not they are race related.

- a. Pt(10) Penalty for using Uncoordinated Rental Radio system.*
- b. Pt(DQ) Penalty for using non-type accepted radio equipment.*

3. AMATEUR RADIO COMMUNICATIONS

Teams requesting Amateur Radio Coordination will be restricted to two (2) frequencies per band for voice communications

Teams using established repeater systems for team race communications must provide a letter of consent from the owner/club along with the Communications Form.

- a. Pt(5) Penalty for using more than 2 frequencies per band.*
- b. Pt(5) Penalty for Interfering with normal repeater operations*

4. DIGITAL COMMUNICATIONS

All digital communications (i.e., APRS, Packet, etc.) must utilize the frequencies assigned for digital operations by the APRS Coordinator.

- ❖ This includes the follow vehicle and all other team support vehicles.

Once the teams receive the time slots from the APRS Coordinator, no team sponsored tracker will alter the timing or frequency assignments.

- a. Pt(5) For transmitting uncoordinated or unauthorized digital signals*
- b. Pt(10) For altering APRS Coordination*

5. FRS RADIO COMMUNICATIONS

FRS Radio Channel 2 is restricted for use by the RV Support Group.

FRS Radio Channel 3 is restricted for use by the follow vehicles and motors.

- ❖ This channel is NOT to be used for logistical purposes. It is to be used ONLY for communications with other follow vehicles and motors.

- Pt(5) Interfering on restricted FRS Radio Channels*

6. UNCOORDINATED RADIO FREQUENCIES

Teams using uncoordinated radio frequencies will be subject to disqualification.

- Pt(DQ) For using uncoordinated radio systems.*

411-SPECIAL INFORMATION ~ M08-5

RACE DATE

- ❖ The 2008 Race will take place April 19 & 20

COMMAND POST AND AWARDS LOCATION

- ❖ The Awards Ceremonies will be held on Sunday, at **1800** in the Las Vegas Hilton Hotel Convention Room
- ❖ The Command Post will be in the Riviera Hotel.

APPLICATION FEES AND FORMS

The official forms supplied, or copies thereof, will be the only forms accepted by the Race Committee. All entries must be typewritten OR printed legibly.

THE ENTRANCE FEE MUST BE SUBMITTED BEFORE JANUARY 31, 2008 CLOSING DATE.

- ❖ A \$100.00 non-refundable service fee will be charged to all teams

The Entrance Fee is \$ 1600.00

Please make checks payable to:

“LAPRAAC” (*Los Angeles Police Revolver and Athletic Club*)

P O Box 861148

Los Angeles, Ca. 90086-1148

TEAM CAPTAINS MEETINGS SCHEDULE

September 25, 2007
October 31, 2007
December 11, 2007
New Team Captains Seminar date TBA
January TBA
February 27, 2008
March 25, 2008

FINISH LINE LOCATION

- ❖ **The Finish Line will be located at the Las Vegas Hilton Hotel Convention Room**
- ❖ **It is estimated that the first runner will finish about 3:30 AM on Sunday April 20th.**
 - **New Route: Hwy 160 left at Fort Apache to Desert Inn east to the Hilton**

- ❖ **START TIMES AND TEAM ASSIGNMENTS**

To be published at a later date.

RACE DAY BRIEFINGS

- ❖ Team Captains, Assistants & ALL Follow Vehicle Drivers & Crews, shall attend the briefing as scheduled at the last Team Captain's meeting.
- ❖ The Las Vegas briefing will at the Las Vegas Hilton Hotel Convention Room on Friday evening.
 - Teams with “NO Changes to Run Plan check-in 1500 to 1600 hours.
 - Teams WITH changes to Run Plan check-in 1600 to 1900 hours.
- ❖ 1900 Hilton Meeting for Teams that start at 0900; 1000;1230;1600 & 1700 ONLY! No exceptions.
- ❖ The Baker registration will be 0900 at the Baker High School on Saturday morning for Teams that start at 1315;1400;1430: & 1500. Time is limited for registration so **BE PREPARED** have your Final Run Plans filled out **BEFORE** you arrive at Baker.
- ❖ The meeting for all Team Capatins and Follow Vehicle drivers will meet at 10:00 SHARP.

411-SPECIAL INFORMATION ~ M08-5

ACCOMODATIONS & SERVICES

Go the www.bakervegas.com for further information on accommodations.

THE RULES COMMITTEE

Chuck Foote	Ret. Los Angeles Police	(323) 221-5222-2	Cfoote@bakervegas.com
Jim Katapodis Chair	Los Angeles Police	(714) 308-7376	Katman113@hotmail.com
Chuck Folkes	Reserve Los Angeles Police	(818) 342-6478	Baker2Vegas@sbcglobal.net
Frank Reilman	Burbank PD (retired)	(818) 252-4817	fjrmfrank@ca.rr.com
Rogelio Maldonado	LA Dist Att. Office	(213) 974-1707	romaldon@lacountyda.org
George Beck	Ret. Los Angeles Police	(310) 548-5061	beckgoelma@aol.com
Linda Diaz	LA Drug Enforcement	(213) 305-8708	Ldaiz65229@aol.com
Ruben Holguin (Chair)	Los Angeles Police	(213) 485-4396	Res0cxuo@verizon.net
Kevin Baxter	California Highway Patrol	(818) 888-0980	kdbaxter@sbcglobal.net
Andrew Lee	Los Angeles Sheriff	(818) 427-8204	aelee@laasd.org

CHALLENGE CUP WINNERS

1985	14:16:57	LAPD	Central Area	1997	13:12:37	LAPD	Training / ASD
1986	13:26:58	LASD	SEB	1998	13:40:23	LAPD	Metro Div
1987	**	LAPD	Training / ASD	1999	13:10:35	LAPD	Metro Red
1988	13:00:02	LAPD	Hollenbeck Area	2000	13:01:46	CHP	Statewide
1989	13:12:02	LAPD	Parker Center	2001	13:03:48	LAPD	Metro Red
1990	13:03:31	LASD	Central Jail	2002	13:12:27	LAPD	Metro Red
1991	12:57:01	FBI	Los Angeles	2003	13:24:06	SDPD	San Diego Open
1992	12:53:37	LASD	Central Jail	2004	13:22:55	SDPD	San Diego Open
1993	12:42:17	LASD	Central Jail	2005	13:18:01	SDPD	San Diego Open
1994	12:58:48	LASD	Central Jail	2006	13:05:15	CHP	Sacramento
1995	12:56:37	LASD	Central Jail	2007	13:03:40	CHP	Sacramento
1996	12:41:29	LAPD	Training / ASD	2008			
** The Race Ended at Stage 14 due to SNOW!				2009			

411-SPECIAL INFORMATION ~ M08-5

CHALLENGE CUP RECORD HOLDERS

Year	Cat	Team Name	Time
1996	Open	LAPD Training / ASD	12:41:29
1994	Mixed	LAPD Training / ASD	13:46:20
2001	99	Orem DPS	15:05:03
2006	150	Newport Beach PD	14:55:33
1993	300	FBI – Salt Lake	14:05:56
1999	800	LASD – SEB	13:17:26
2003	1000	FBI – Los Angeles Office	13:28:47
2005	Sta	FBI Los Angeles Office	13:33:14
1991	W	LASD – Women	15:35:50
2003	Inv	LA County Lifeguards	14:50:52
2007	IMix	Albuquerque Police Dept	14:53:42
1998	Guest	Great Britain Police	12:58:21
2007	500Inv	LA County Police	17:32:50

CATEGORY WINNERS FOR - 2007

Cat	Team Name	Time
Open	CHP- Sacramento	13:03:40
Mixed	LAPD Training Division	15:11:10
99	Murrieta Police Dept.	15:55:11
150	Newport Beach PD	15:19:21
300	Huntington Beach PD	15:27:11
800	FBI Los Angeles Office	13:48:56
1000	Santa Ana Police Dept	14:11:36
Sta	US Secret Service Los Angeles	14:48:42
Women	LASD – Women	17:08:26
Inv	USMC MP Camp Pendleton	14:56:18
Inv Mxd	Albuquerque Police Dept	14:53:42
Guest	South Wales Police Great Britain	16:22.18
500Inv	LA County Police	17:32:50

411-SPECIAL INFORMATION ~ M08-5

MEN'S DIVISION RECORD HOLDERS

Stage	Miles	Team Name	Runners Name	Time	Rate	Year
1	6.6	US Postal Inspectors	Duncan, A.	37:20	5:22	2005
2	5.6	FBI-Los Angeles	Cameron, R	35:12	6:17	2005
3	8.2	CDC Open Team	Perezchica.G	45:08	5:37	2006
4	5.1	LAPD Training/ASD	Adler, T	32:50	6:34	1996
5	6.0	San Diego PD	Vega, D	34:36	5:46	1991
6	6.1	Orange Co. Judges	Morse, T	36:13	6:02	1993
7	6.2	LA County Probation	Mojarro, G	36:34	5:53	1999
8	7.3	LA County Probation	Mojarro, G	38:11	5:13	1995
9	6.8	LA County Probation	Mojarro, G	37:15	5:28	1997
10	5.8	LA County Probation	Mojarro, G	34:20	5:55	2004
11	5.3	FBI-Los Angeles	Cameron, B	34:57	6:35	2004
12	4.7	LASD MCJ/IRC Open	Gallagher, T	30:58	6:43	1998
13	7.0	LA County Probation	Mojarro, G	35:37	5:09	1998
14	5.4	LA County Probation	Mojarro, G	34:59	6:28	2005
15	5.2	IRS-CID San Diego	Kayne,J.	34:08	6:33	2006
16	5.5	FBI Los Angeles Office	Costley, D.	38:48	7:14	2007
17	6.8	LA County Probation	Mojarro, G	35:06	5:09	2002
18	7.0	LASD Men's Central Jail	Duarte, D.	40:41	5:48	2007
19	5.5	CHP Sacramento	Brunell, R.	32:30	5:54	2007*
20	3.9	LASD Men's Central Jail	Garcia, L.	24:20	6:14	2007*

WOMEN'S DIVISION RECORD HOLDERS

Stage	Miles	Team Name	Runners Name	Time	Rate	Year
1	6.6	ICE Immigration	Keller, C	44:35	6:45	2005
2	5.6	LA Co. Lake Lifeguards	Jardon, D	36:39	6:32	2005
3	8.2	OC Sheriff #2	Curl, S	58:23	7:17	2000
4	5.1	LASD	Chamberlin,	39:53	7:58	1992
5	6.0	IRS-CI San Diego	Dammann, S.	38:23	6:23	2007
6	6.1	MTA	Macias, F.	41:33	6:55	1996
7	6.2	FBI – Los Angeles 800	Collas, N	44:13	7:07	1995
8	7.3	Reno/Washoe County	Arthur, K	47:24	6:29	2004
9	6.8	FBI – Los Angeles Mixed	Collas, N	44:08	6:29	1996
10	5.8	Santa Ana PD	Kim, S.	40:59	7:03	2007
11	5.3	Reno/Washoe County	Hedgcorth, W	38:29	7:15	2002
12	4.7	Stockton Area	Mc Gee, M	33:16	7:04	1999
13	7.0	Newport Beach PD	Varela, H	51:10	7:18	2001
14	5.4	Navajo Dept of Law Enforce.	Keeto, C	40:18	7:27	2001
15	5.2	LA Co. Probation	Falcon, K	40:54	7:51	2005
16	5.5	Orange County Sheriff	McConathy, L.	44:47	8:08	2007
17	6.8	LASD TTCF	Botello, M	41:21	6:04	2005
18	7.0	Fremont PD	Cochran, J.	48:02	6:51	2006
19	5.5	Long Beach PD	Cooper, J.	38:08	6:56	2007*
20	3.9	FBI Los Angeles Office	Mc Williams, J.	28:19	7:15	2007*

Indicates changes in distance for 2007