

**TEAM CAPTAIN**  
**RUN PLAN INSTRUCTIONS**  
**PLEASE READ CAREFULLY**

***STEP 1 – Create a Preliminary Run Plan.***

Once you have paid your entry fee, you will be given a password for On-line Registration of your runners. The BLV registration site is :

**ezmeets.com\bakervegas\bakervegasentries.html**

- Type in your Team # and your Password.
- *Read the instructions at the top of the web page !*
- Follow the instructions on the form. Fill it in with your preliminary run order.
  - ❖ EXCEPTION: STAGE 11 Runner. Type in their first name instead of their initial.  
This is for the Pahrump welcoming committee.
- Be sure to press the SAVED button at the bottom of the page, or your entries will NOT be recorded, and the entries will be erased.
- You may adjust or change the order as often as necessary until the Monday prior to the Race Day. Deadline is at 10:00 am PDT.
- At 10:01, the EZMeets data base will be uploaded to the LAPRAAC computer. Entries made after the deadline will NOT uploaded.
  - ❖ If your on-line roster does NOT have 20 assigned runners you will be declared Un-Official.
- You may browse other team's rosters by omitting the password.

When you are satisfied with your preliminary run plan, press the **[SAVE]** button at the bottom of the page. Next, press the **[PRINT THIS PAGE]** button. Make several copies of your "**Preliminary Run Plan**", you will need them at Vegas check-in if you want to make changes.

***STEP 2 - PREPARE A FINAL RUN PLAN***

***If you need to make changes to your Preliminary Run Plan at the Team Captain Check-in Vegas or Baker, then do the following BEFORE you come to the Check-in***

Download the "**Final Run Plan(doc)**" form from the BakerVegas Web-site. This form can be filled in using MSWord.

- Do NOT use any other form in-lieu of this form. It will NOT be accepted!
- Fill in this form with your final run order. Make several copies, you will need them
- PRINT the entries, leaving space above the name for follow vehicle changes.
- Go to Step 3 – "Preparing a Road Map"

***EXCEPTION : NO CHANGES***

If there are NO 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.

- This form must be turned in at the Finish Line.

### **STEP 3 PREPARE A ROAD MAP DEPICTING CHANGES**

After completing your “**Final Run Plan(doc)**” in Step 2 above, you must then prepare a Road Map depicting the changes.

- Use a copy of your original “**Preliminary Run Plan**” for the map.
- Indicate changes using arrows. The arrows should be directed to the “**R#**” s, not the name.
- Use an arrow HEAD to indicate where a runner was moved TO.
- Use an arrow TAIL (A heavy dot or tail feathers] to show where the runner came from.
  - ❖ Exception: If 2 runners are SWAPPING locations, then draw the arrow with heads at both ends.

When all changes have been completed, bring your properly prepared “**Final Run Plan**” and your “**Road Map**” to the Check-In Officials.

- These forms must be presented by either the Captain or Co-Captain. Sending someone other than a Team Captain or Co-Captain will be cause for a 30 minute penalty.
- Checking in with BLANK FORMS will be cause for a 30 minute penalty.

The Official will check your forms and determine if penalties are incurred. They will stamp your “**Final Run Plan**” as official and return it to you for use by your Follow Vehicle Timer.

- This from must be turned in at the finish line.

### **RULES SUMMARY- REFER TO THE RULE BOOK**

#### ***Check-in Changes***

- ❖ A maximum of 3 changes of runner order may be made without penalty.
  - More than 3 changes will incur a 30 minute penalty. {Rule 3.1.b}
- ❖ Scratching a runner and replacing them with an alternate is NOT counted as a change.
  - The Scratched Runner may NOT run any leg of the Race! Rule 4.3 – UO.

#### ***In the Field Changes***

- ❖ 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 when he shows.
- ❖ Changing the RUN ORDER after the Team Captain Check-in will Disqualify your Team.
  - Exceptions: Scheduled runners and Downed runners may be replaced by Alternates.

### **CATEGORY OR START TIME CHANGES**

If a team must change Category or Start Time, they must contact the Race Director or the Race Consultant to authorize the change.

The Race Official will accompany the Team Captain and assist in making the necessary changes to the computer data base.

Failure to make this information known will result in the Team finishing ‘Un-Official’

# FINAL RUN PLAN SAMPLE

<i>Team #</i>	<i>Team Name</i>	<i>Team Captain</i>
999	Fleet Feet Road Runners	Floyd Smartfeller

	<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>		<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>
<b>R1</b>	Duffas, Ruffas	f		<b>R11</b>	Yang,S	f	
<b>R2</b>	Riddle-A			<b>R12</b>	Jones, R		
<b>R3</b>	Foote,C			<b>R13</b>	Young, D		
<b>R4</b>	Foote,C Jr			<b>R14</b>	Scott. A		
<b>R5</b>	Foote, S	f		<b>R15</b>	Stevenbergh. P		
<b>R6</b>	Bugger, Z			<b>R16</b>	Martine, G	f	
<b>R7</b>	Markham, D			<b>R17</b>	Foreman, M		
<b>R8</b>	Durham, F			<b>R18</b>	Vermullen, T		
<b>R9</b>	Moye, D			<b>R19</b>	Reed, D	f	
<b>R10</b>	Feffer,M			<b>R20</b>	Filmore, M		

	<i>RUNNER</i>	<i>Fem</i>		<i>RUNNER</i>	<i>Fem</i>
<b>R21</b>	Farthingale, T	f	<b>R26</b>	Jefferson, Hank	
<b>R22</b>	Bullfeathers, Joy	f	<b>R27</b>	Marquardt, Roy	
<b>R23</b>	Bullfeathers,Jack		<b>R28</b>	Regan, R	
<b>R24</b>	Lincoln, A		<b>R29</b>	Regan, N	f
<b>R25</b>	Franklin, B		<b>R30</b>	White, E	

### OFFICIAL DELAYS

Stage #	Length of delay in mm:ss	Reason for delay:

#### **NO SHOW RUNNER INSTRUCTIONS:**

> The replacement runner shall sign in with the Stage Officials showing their proper ID.  
 {The no show runner may be placed in the Alternate pool and used later}  
 Draw a line through the runner being replaced in the above roster. Print the name of the Alternate runner above the scratched runner. Print the word "**ALT**" in the remarks column. .

#### **DOWNED RUNNER INSTRUCTIONS:**

> A downed runner may be replaced by an Alternate.  
 { The Alternate shall wear a yellow bib number.}  
 > Draw a line through the downed runners name in the above roster. Print the name of the Alternate above the downed runners name. Print the words "**DOWN**" in the remarks column

# FINAL RUN PLAN

<i>Team #</i>	<i>Team Name</i>	<i>Team Captain</i>

	<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>		<i>RUNNER</i>	<i>Fem</i>	<i>REMARKS</i>
R1				R11			
R2				R12			
R3				R13			
R4				R14			
R5				R15			
R6				R16			
R7				R17			
R8				R18			
R9				R19			
R10				R20			

	<i>RUNNER</i>	<i>Fem</i>		<i>RUNNER</i>	<i>Fem</i>
R21			R26		
R22			R27		
R23			R28		
R24			R29		
R25			R30		

### OFFICIAL DELAYS

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**NO SHOW RUNNER INSTRUCTIONS:**

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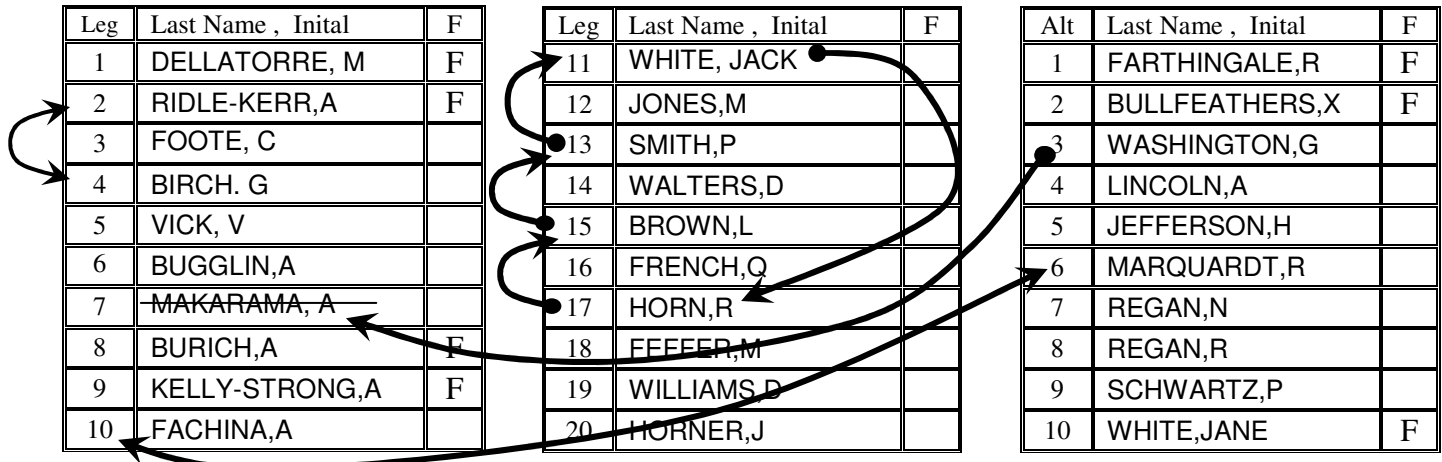
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# Sample Road Map

Prior to attending the Team Captains Check-in, prepare a “**Final Run Plan**” and a “Road Map” if you are making changes to the running order as submitted on your “**Preliminary Run Plan**”.

Use a copy of your “Preliminary Run Plan” to prepare a “Road Map”. The purpose of the “Road Map” is to graphically display your changes. This makes it much easier for the computer people to make changes to the data base.



## ARROW CONSTRUCTIONS:

- ❖ To indicate a leg SWAP for 2 runners, use **points** at both ends of the arrow.
- ❖ To indicate a MOVE to another leg, use a **dot** at the **from** leg and a **point** at the **to** leg

## EXAMPLES ABOVE:

- ❖ Leg 2 runner and leg 4 runner SWAP legs. Use a double **pointed** arrow; **(1 change)**
- ❖ Leg 7 runner is SCRATCHED and is replaced by ALT 3. Use a **dot** on the ALT 3 end and a **point** on the leg 7 end. **(not a change)**
- ❖ Leg 10 runner and ALT 7 runner SWAP legs. Use double pointed arrow. Use **points** on the **to** end and **dots** on the **from** end. **(1 change)**

## ROTATION OF RUNNERS:

- ❖ Leg 11 runner moves to leg 17 who moves to 15 who moves to 13 who moves to leg 11. Use arrows with a **dot** on the **from** end and a **point** on the **to** end. **(3 changes)**
- ❖ Note: On runner rotation, the changes charged are one less than the number of Runners rotated.

# FV PERSONNEL REGISTRATION

## INSTRUCTIONS:

- Fill in the information on this Form.
- Give the filled out Form to your Follow Vehicle Drivers who shall attend the meeting.
- They **MUST** submit this form to the Check-in Official at the Follow Vehicle Meeting.
- This form will be used to verify that your Follow Vehicle Driver attended the meeting.
- It is also used as a locator in case of emergency.

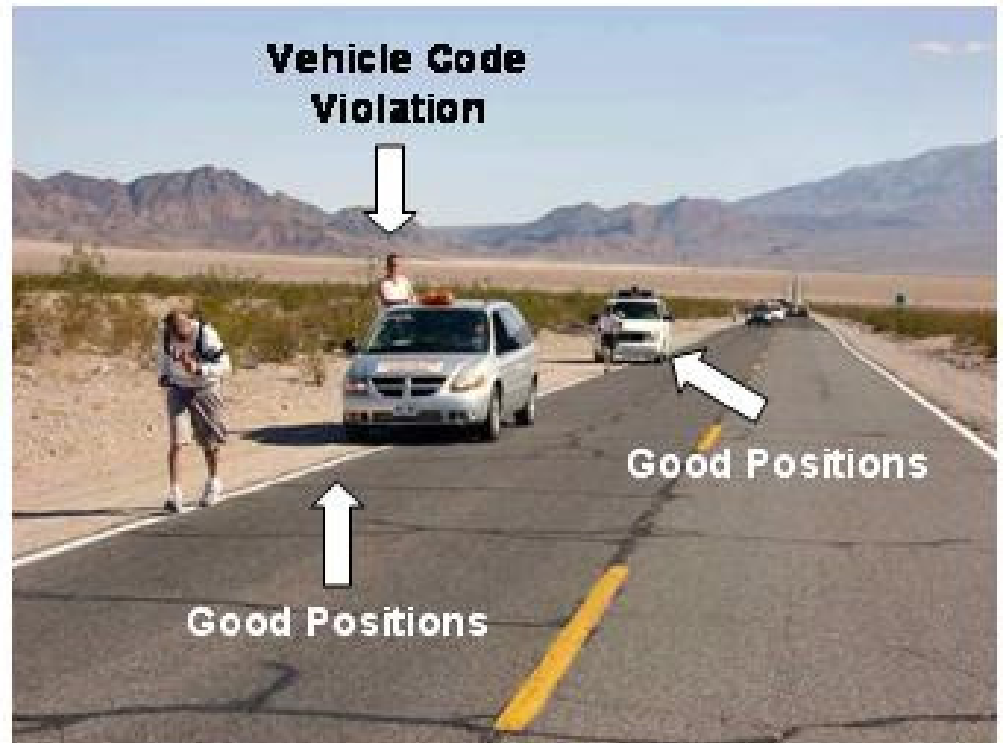
<b>T #</b>	<b>Team Name:</b>
<b>Captain Name:</b>	<b>Co Captain:</b>

<b>FOLLOW VEHICLE INFORMATION</b>	
<b>Vehicle Make:</b>	<b>Vehicle Model:</b>
<b>License:</b>	

<b>#1 Driver Name</b>	<b>Shift:</b>
<b>#2 Driver Name</b>	<b>Shift:</b>
<b>#3 Driver Name</b>	<b>Shift:</b>
<b>#4 Driver Name</b>	<b>Shift:</b>
<b>#5 Driver Name</b>	<b>Shift:</b>

<b>#1 Helper Name</b>	<b>Shift:</b>
<b>#2 Helper Name</b>	<b>Shift:</b>
<b>#3 Helper Name</b>	<b>Shift:</b>
<b>#4 Helper Name</b>	<b>Shift:</b>
<b>#5 Helper Name</b>	<b>Shift:</b>
<b>#6 Helper Name</b>	<b>Shift:</b>
<b>#7 Helper Name</b>	<b>Shift:</b>
<b>#8 Helper Name</b>	<b>Shift:</b>
<b>#9 Helper Name</b>	<b>Shift:</b>
<b>#10 Helper Name</b>	<b>Shift:</b>







# OVERALL TIMELINE

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## ***FRIDAY, APRIL 18***

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### **TEAM CAPTAINS CHECK IN (HILTON CONVENTION ROOM)**

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- 1400 Registration Officials setup  
***REGISTRATION FOR TEAMS***  
***WITH START TIMES OF ~ 0900, 1000, 1100, 1230, 1600 & 1700.***  
***~~~~~NO EXCEPTIONS ~~~***
- 1500-1600 Registration of Teams with NO CHANGES to their Final Run Plan.  
Do NOT register in this session if you have CHANGES.
- 1600-1700 Registration of Teams with CHANGES to their Final Run Plan.  
~ Have your paperwork completed BEFORE you register with the Officials.
- 1900 Team Captains Meeting, for teams starting as indicated above.  
Located in the Hilton Hotel Pavilion
- 1900 Follow Vehicle Crew Meeting for teams starting as indicated above.  
Located in the Hilton Hotel Pavilion.

## ***SATURDAY, APRIL 23***

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### **TEAM CAPTAINS CHECK IN (BAKER HIGH SCHOOL)**

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***REGISTRATION FOR TEAMS***  
***WITH START TIMES OF ~1315, 1400, 1430, & 1500.***  
***~~~~~NO EXCEPTIONS ~~~~~***

- 0630 Baker HS serving Breakfast; limited Vendors show
- 0800 Registration Officials setup.
- 0900-1000 Registration of ALL teams. If you have CHANGES, make sure your Final Run Plans are complete BEFORE you register with the Officials.
- 0900 Flight 1 starts
- 0900 Team Captains for team starting as indicate above. Meeting in gym.
- 0900 Follow Vehicle Inspection **NEW TEAMS ONLY!** Football Field area
- 0900 Follow Vehicle Crew Meeting Baker High School – Auto shop  
The area behind the gym

### **ROAD ADVISORY OFFICIALS**

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- 0700 Volunteer check-in and setup.  
All BLV Vehicles SHALL be MARKED with Team Numbers
1. In upper right corner of passenger window.
  2. In upper middle of the rear window.
  3. On both sides in an appropriate spot.
- 0800 Start Road Advisory @ Shoshone.
- 2000 EOW Road Advisory @ Baker.
- 2100 EOW Road Advisory @ Shoshone.

# OVERALL TIMELINE

## FOLLOW VEHICLE *CHECK-IN OPERATIONS* ~ SOUTH OF START LINE

- 0700 Check in Officials Setup the area
- 0800 ***Check-In time*** for Follow Vehicle in first flight
- 0845 ***FV Release Time*** for First flight. Motor convoy to Staging Area.
- 0845 Inform Start Line Officials if a team fails to check in by release time. They will hold the runner.

<b>Start</b>	<b>Race Start Time</b>	<b><i>Check-in time</i></b>	<b><i>FV Release Time</i></b>
<b>1</b>	<b>09:00</b>	<b>08:00</b>	<b>08:45</b>
<b>2</b>	<b>10:00</b>	<b>09:00</b>	<b>09:45</b>
<b>3</b>	<b>11:00</b>	<b>10:00</b>	<b>10:45</b>
<b>4</b>	<b>12:30</b>	<b>11:30</b>	<b>12:15</b>
<b>5</b>	<b>13:15</b>	<b>12:15</b>	<b>13:00</b>
<b>6</b>	<b>14:00</b>	<b>13:00</b>	<b>13:45</b>
<b>7</b>	<b>14:30</b>	<b>13:30</b>	<b>14:15</b>
<b>8</b>	<b>15:00</b>	<b>14:00</b>	<b>14:45</b>
<b>9</b>	<b>16:00</b>	<b>15:00</b>	<b>15:45</b>
<b>10</b>	<b>17:00</b>	<b>16:00</b>	<b>16:45</b>

- 1645 Close Check-in area

## FOLLOW VEHICLE *STAGING OPERATIONS* ~ 2 MILES NORTH OF START LINE

- 0700 Volunteers check-in and prepare for operations.
- 0855 ***Stage the flight 1 vehicles on the north shoulder at a. 45 degree back in.***
- 09xx As first Runner approaches the Staging area, Officials shall Hold all South bound traffic 100 feet north of staged vehicles..
- 09xx As first Runner arrives at Staging Area, Officials shall Hold all North bound traffic.
- 09xx+ After the last runner has merged with their Follow Vehicle, Officials shall Release North bound & South bound traffic
- 1000-1700 Stage remaining flights as above

<b>Start</b>	<b>Race Start Time</b>	<b>First Runner</b>	<b>FV Release Time</b>	<b><i>Hold South bound</i></b>	<b>Release South Bound</b>
<b>1</b>	<b>09:00</b>	<b>09:15</b>	<b>08:45</b>	<b>08:55</b>	<b>9:05</b>
<b>2</b>	<b>10:00</b>	<b>10:15</b>	<b>09:45</b>	<b>09:55</b>	<b>10:05</b>
<b>3</b>	<b>11:00</b>	<b>11:15</b>	<b>10:45</b>	<b>10:55</b>	<b>11:05</b>
<b>4</b>	<b>12:30</b>	<b>12:45</b>	<b>12:15</b>	<b>12:25</b>	<b>12:35</b>
<b>5</b>	<b>13:15</b>	<b>13:30</b>	<b>13:00</b>	<b>13:10</b>	<b>13:20</b>
<b>6</b>	<b>14:00</b>	<b>14:15</b>	<b>13:45</b>	<b>13:55</b>	<b>14:05</b>
<b>7</b>	<b>14:30</b>	<b>14:45</b>	<b>14:15</b>	<b>14:25</b>	<b>14:35</b>
<b>8</b>	<b>15:00</b>	<b>15:15</b>	<b>14:45</b>	<b>14:55</b>	<b>15:05</b>
<b>9</b>	<b>16:00</b>	<b>16:15</b>	<b>15:45</b>	<b>15:55</b>	<b>16:05</b>
<b>10</b>	<b>17:00</b>	<b>17:15</b>	<b>16:45</b>	<b>16:55</b>	<b>17:05</b>

- 1700 Stage Follow Vehicles of Last Flight
- 1700+ Close stage after last runner has merged with their Follow Vehicle.

# OVERALL TIMELINE

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## START LINE OPERATIONS

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- 0800 Volunteers check in and prepare for flight one.
  - 0800.0830 **Runners check in** for Flight one.
  - 0845 Issue batons and last minute instructions
  - 0845 Check with FV Check In to determine if all Follow Vehicles have checked in.  
Do NOT let the runner start if the FV has not checked in.
  - 0845 Motor Officials positioned 100 yds. north of Start Line.
  - 0855 **Hold** north bound traffic. **Hold** south bound traffic 200 yds North of Start Line.
  - 0900 Start First Flight.
  - 0905 **Release** North bound traffic –Escort shall maintain speed of 30 mph to the Staging Area.  
**Release** South bound traffic.
- Stage remaining flights in accordance with the Start Line Table on the next page

*Start Line Table*

<b>Start</b>	<b>Race Start Time</b>	<b>Runner Checkin by</b>	<b>Hold Traffic</b>	<b>Release Traffic</b>
<b>1</b>	<b>09:00</b>	<b>08:30</b>	<b>08:55</b>	<b>9:05</b>
<b>2</b>	<b>10:00</b>	<b>09:30</b>	<b>09:55</b>	<b>10:05</b>
<b>3</b>	<b>11:00</b>	<b>10:30</b>	<b>10:55</b>	<b>11:05</b>
<b>4</b>	<b>12:30</b>	<b>12:00</b>	<b>12:25</b>	<b>12:35</b>
<b>5</b>	<b>13:15</b>	<b>12:45</b>	<b>13:10</b>	<b>13:20</b>
<b>6</b>	<b>14:00</b>	<b>13: 30</b>	<b>13:55</b>	<b>14:05</b>
<b>7</b>	<b>14:30</b>	<b>14:00</b>	<b>14:25</b>	<b>14:35</b>
<b>8</b>	<b>15:00</b>	<b>14: 30</b>	<b>14:55</b>	<b>15:05</b>
<b>9</b>	<b>16:00</b>	<b>15: 30</b>	<b>15:55</b>	<b>16:05</b>
<b>10</b>	<b>17:00</b>	<b>16:30</b>	<b>16:55</b>	<b>17:05</b>

## WAR ROOM

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- 0300 Assistant Finish Line OIC Dave Welts checks on Volunteers and distributes merchandise to Police officers.
- 0700 War Room/Data Reduction becomes Operational @ Finish Line
- 0900 – Or when last runner crosses -----Finish Line: Closes!
- 1200 Las Vegas Hilton Hotel – Awards Area – opens for Vendor Show
- 1430 UN-Official Results Posted outside War Room Las Vegas Hilton
- 1700 Chiefs Mixer @ Las Vegas Hilton Hotel
- 1645 Official Results: Posted outside Las Vegas Hilton War Room
- 1700 All Teams to start picking up Plaques & Mugs
- 1700 War Room– Closes!
- 1800 Awards Program: Starts
- 2000 Awards Program: Ends

# OVERALL TIMELINE

## SETUP ALL STAGES

Stage Volunteers (Not RV's) check-in and setup at least one hour before the *First Runner*.

### *Stage ~ Time/Mileage/GPS*

<i>Stage #</i>	<i>First Runner</i>	<i>Last Runner</i>	<i>Leg Miles</i>	<i>Miles from Start</i>	<i>Miles from Finish</i>	<i>GPS Coordinates</i>	
Start	0900	1700	5.4	.0	120.0	35° 34.833' N	116° 13.134' W
2	0950	1745	8.2	5.4	114.6	35° 37.966' N	116° 17.409' W
3	1100	1900	5.1	13.6	106.4	35° 44.974' N	116° 18.922' W
4	1200	1940	6.0	19.6	100.4	35° 48.927' N	116° 19.790' W
5	1300	2020	6.1	25.7	94.3	35° 52.628' N	116° 16.044' W
6	1400	2115	6.2	31.9	88.1	35° 57.683' N	116° 16.068' W
7	1500	2215	7.3	39.2	80.8	36° 00.067' N	116° 11.884' W
8	1600	2300	6.8	46.0	74.0	36° 06.265' N	116° 10.932' W
9	1700	2350	5.8	51.8	68.2	36° 10.083' N	116° 06.148' W
10	1800	0045	5.3	57.1	62.9	36° 12.291' N	116° 00.778' W
11	1900	0130	4.7	61.8	58.2	36° 10.582' N	115° 55.953' W
12	1950	0200	7.0	68.8	51.2	36° 08.036' N	115° 52.150' W
13	2050	0300	5.4	74.2	45.8	36° 04.391' N	115° 46.134' W
14	2150	0350	5.2	79.4	40.6	36° 01.540' N	115° 41.479' W
15	2245	0420	5.5	84.9	35.1	36° 00.360' N	115° 36.360' W
16	2330	0500	6.8	91.7	28.3	36° 01.291' N	115° 30.790' W
17	0045	0600	7.3	99.0	21.0	36° 01.134' N	115° 25.005' W
18	0145	0700	5.7	104.7	15.3	36° 01.290' N	115° 17.862' W
19	0245	0750	5.8	110.5	9.5	36° 06.276' N	115° 17.816' W
20	0300	0840	4.4	114.9	5.1	36° 07.740' N	115° 13.580' W
Finis	0335	0900		120.0	.0	36° 08.083' N	115° 09.242' W

0300  
0300

Finish Line Volunteers and Officials will setup the Finish Line  
Data reduction will Setup and prepare for operation

## **RACE BRIEFINGS**

**FRIDAY – APRIL 18<sup>TH</sup> LAS VEGAS HILTON CONVENTION AREA.**

**REGISTRATION FOR TEAMS WITH START TIMES OF ~ 0900, 1000, 1100, 1230, 1600 & 1700.  
~~~~~NO EXCEPTIONS ~~~~~**

|                    |                                                                                                                                                  |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1500 - 1600</b> | <b>REGISTRATION OF TEAMS WITH NO CHANGES TO THEIR <i>FINAL RUN PLAN</i> – DO NOT REGISTER IN THIS SESSION IF YOU HAVE CHANGES.</b>               |
| <b>1600 - 1700</b> | <b>REGISTRATION OF TEAMS WITH CHANGES TO THEIR <i>FINAL RUN PLAN</i> ~ HAVE YOUR PAPERWORK COMPLETED BEFORE YOU REGISTER WITH THE OFFICIALS.</b> |
| <b>1900</b>        | <b>TEAM CAPTAINS MEETING.</b>                                                                                                                    |
| <b>1900</b>        | <b>FOLLOW VEHICLE DRIVERS MEETING</b>                                                                                                            |

**SATURDAY – APRIL 19<sup>TH</sup> BAKER HIGH SCHOOL GYM**

**REGISTRATION FOR TEAMS WITH START TIMES OF ~1315, 1400, 1430, & 1500.  
~~~~~NO EXCEPTIONS ~~~~~**

|                    |   |
|--------------------|---|
| <b>0900 - 1000</b> | <b>REGISTRATION OF ALL TEAMS. IF YOU HAVE CHANGES, MAKE SURE YOUR <i>FINAL RUN PLANS</i> ARE COMPLETE BEFORE YOU REGISTER WITH THE OFFICIALS.</b> |
| <b>1000</b>        | <b>TEAM CAPTAINS MEETING IN GYM</b>   |
| <b>1000</b>        | <b>FOLLOW VEHICLE DRIVERS MEETING OUTSIDE.</b>  |

# BAKER TO VEGAS CHALLENGE CUP RELAY

TO: Daylight Hour Runners

FROM: Race Committee

SUBJECT: DEATH

Now that we have your attention, the issue of dehydration is extremely critical, especially if you are one of those lucky Runners chosen to run during the daylight hours. Fortunately we have never had a Runner die because of dehydration, but the probability for such an occurrence is high due to the predictably hot weather in the desert during the time of the race. In 2004, we had 37 Runners go down because of dehydration. Of those fifteen had to be airlifted to local hospitals where they spent at least one night thinking about what happened.



**This is a REMINDER  
to  
DRINK  
WATER**

**HYDRATE YOUR BODY  
PRIOR TO - DURING - AND AFTER YOU RUN**

Water is the hydrator commonly used; however, there are numerous electrolyte replacement drinks, such as Gatorade, which may also be used. If you have NOT experimented with electrolyte drinks, DO NOT do so just before the race!

**PRIOR TO:** Up to twenty four hours prior to the race, you should drink plenty of fluids. **NO ALCOHOL.** You will know when your body is adequately hydrated when you urinate 6 times a day.

**DURING:** If Alberto Salazar was able to drink while running sub-Five minute miles, so can you. You should drink approximately 8 oz of liquid every 10 - 15 minutes while you run. You should experiment taking in liquids at other races prior to running the Baker to Vegas.

**AFTER:** Be sure to drink fluids until you are once again able to urinate once an hour. Hydrating after the race will lessen or prevent muscle soreness.



**Is this the way you  
want your water?**