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# BAKER TO VEGAS

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Rule's & Handbook



APRIL 1 & 2, 2023

LOS ANGELES POLICE REVOLVER & ATHLETIC CLUB  
Los Angeles, CA

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# 1 – Race Information- 2023

## The Baker to Vegas Challenge Cup Relay

The Baker to Vegas Challenge Cup Relay Race began in 1985 with 19 teams as a race for Officers to improve their physical fitness and promote comradery among the participating officers.

Each team is tasked with recruiting twenty runners along with alternates, support personnel and a volunteer for the race.

Through the years the Baker to Vegas Challenge Cup Relay Race has continued to grow. Currently there are teams from around the world competing in this unique test of mental and physical endurance.

Every spring these brave teams report to “Death Valley” to compete in what is often referred to as the largest all law enforcement relay race in the world.

Each team must traverse through the desert and not only challenge themselves with the steep ascents and descents of some of the stages but also deal with the relentless heat during the day and the sometimes frigid temperatures at night.

The shortest of these stages is 4.0 miles and is often referred to as the easiest of the stages. However, if you think running 4.0 miles across a desert floor with air temperature at 105 degrees and the temperature coming off the ground at 125 degrees is easy, then have at it!

The longest of our stages is a challenging 10.7 miles stage that is a constant climb through the desert night. Yes, the temperatures may be cooler at night but if you think the climb is easy, you have not yet factored in the crosswind.

Teams return year after year not only to compete against their competitors but to compete against themselves and the elements. Every team comes out to The Baker to Vegas Challenge Cup Relay Race with the hopes of going back to their agencies with the cherished mug. The elite teams come out in pursuit of the Challenge Cup Trophy, the beloved Belt Buckles and of course the pride in wearing the #1 across their chest the following year.

## Race Date & Location

- Race Date: April 01 & 02, 2023

The race begins Saturday morning approximately 25 miles north of Baker, California on Highway 127. The race will continue down Highway 127 and past the city of Shoshone. The racecourse crosses the California/Nevada State Line at approximately Stage 9 of the race and continues on Highway 160 until it reaches the finish line at The Rio All Suites Hotel and Casino, located at 3700 W. Flamingo Road, Las Vegas, Nevada.

## Team Registration Links and Entry Fee

Links for registration will be sent out to all last year’s Team Captains on September 1st. The link allows Team Captains to register their team on the <http://registration.bakervegas.net> website. Any Team Captain who does not receive a registration link may visit the <http://bakervegas.net> website or email the Race Coordinator, [b2vcoordinator@lapraac.com](mailto:b2vcoordinator@lapraac.com) to request a link.

# 1 – Race Information- 2023

***Below is the new entry fee schedule:***

- ***\$2,300 if paid by December 31 (2359 hours)***
- ***\$2,500 if paid between January 1 to January 31 (2359 hours)***
- ***\$2,800 if paid between February 1 to February 15 (2359 hours)***

**All payments must be made online and are subject to a 3% processing fee if using a credit card. All ACH payments do not include any additional fees.**

## Refund Schedule

Below is the refund schedule for the 2023 race.

- ***By December 31, 2022 (Full Refund)***
- ***January 1 to January 31 (75% of Entry Fee Paid)***
- ***February 1 to February 28 (50% of Entry Fee Paid)***
- ***After March 1 (No Refund)***

Note: There is an additional \$400 deducted from the entry fee if the team withdrawing from the race has already picked up their team's shirts.

## Team Captains Meeting Schedule

All in person Team Captain Meetings are hosted at the LAPD Elysian Park Academy, located at 1880 N. Academy Drive, Los Angeles, 90012. Every meeting will have a Zoom option and will be posted at its conclusion on our YouTube Channel, Baker to Vegas. A link to our YouTube Channel may be found at our website, <http://bakervegas.net>. This year's meeting schedule is below:

- October 5      New Team Captain Meeting (0900 hours) Zoom Only
- October 5      Team Captain Meeting #1 (1000 hours) Zoom Only
- December 7    Team Captain Meeting #2 (1000 hours) Zoom Only
- January 25     Team Captain Meeting #3 (1000 hours) Zoom or In Person
- March 1        Final Team Captain Meeting (1000 hours) Zoom or In Person

## Team Check in and T-Shirt Pick Up

On Friday, March 31, 2023, between the hours of 1500 and 1800 hours all teams are required to check in. Team check in will take place in the Convention Area of The Rio All Suites Hotel and Casino. All teams will receive a race packet that includes the following:

- Final Run Plan
- Team Captain Coin
- Parking Placard for Stage 16
- Alternate Runner Bibs
- Catcher's Bibs
- Safety pins for bibs

# 1 – Race Information- 2023

**Note:** Team Captains may make changes to their Final Run Plans upon picking up their packet. There will be a designated location where all changes can be made.

Also in the registration area, teams who have not yet received their 25 runner's t-shirts may do so at the designated area.

## [Race Friday Meeting](#)

On Friday, March 31, 2023, at 1800 hours a final briefing will be conducted in the convention area of the Rio All Suites Hotel and Casino. The purpose of this briefing is to answer any questions pertaining to the racecourse conditions, runner check in process at each stage, questions regarding follow vehicles and any other questions participants may have.

## [Awards Ceremony Location](#)

The Awards Ceremony will be held on Sunday, April 02, 2023, at 1700 hours in the Rio All Suites Hotel and Casino Convention Room. At the Awards Ceremony the top 3 teams of each category will be recognized on stage in acknowledgement of their achievement. The Baker to Vegas Challenge Cup trophy will be awarded to the top all sworn team along with 25 handmade German silver belt buckles that they will receive at a later time.

**NOTE:** 25 Belt Buckles is the max amount of buckles a team may receive. No additional buckles may be ordered.

**NOTE:** The winning team will not maintain possession of the Challenge Cup. The Challenge Cup will remain in the possession of LAPRAAC and be displayed at the LAPRAAC facility.

## [Plaques & Mugs](#)

The Plaques and Mugs room will open at approximately 1600 hours for distribution of Placement Plaques and mugs. Any team that finishes in the top 50% of their category may be eligible for a plaque and 24 mugs. The Plaques and Mugs room closes at 1900 hours.

# 1 – Race Information- 2023

## Baker to Vegas Rules Committee

The purpose of the Baker to Vegas Rules Committee is to maintain equality in the team entry and selection process. The Committee is responsible for interpretation and enforcement of all rules in a manner to promote a safe and competitive race. The Baker to Vegas Rules Committee is responsible for adjudicating all rule violation disputes. All decisions by the Rules Committee are made in the best interest of the Baker to Vegas Challenge Cup Relay Race and its participants within the race. The Rules Committee is comprised of active and retired sworn members of various agencies. This race years Rules Committee’s members are:

Amanda Lankford (Chair)	Los Angeles Police Dept
David Miklos	Los Angeles Sheriff (Ret)
Kathy Meek	Los Angeles Police Dept (Ret)
John Dilibert	Ada County Sheriff’s (Ret)
Jim Teeples	South Gate Police Department
Patricia Larriagan (Coordinator)	Glendale Police (Ret)

## Race Categories & Eligibility

Category Name	Definition	Personnel
Open	Any Gender and any age	All Sworn Personnel
Mixed	A minimum of 5 females and 5 males must start & complete their stage	All Sworn Personnel
Women	All female runners from one agency	All Sworn Personnel
800	Combined ages of runners must total 800 years or more	All Sworn Personnel
300	Agency(s) with no more than 300 sworn personnel	All Sworn Personnel
150	Agency(s) with no more than 150 sworn personnel	All Sworn Personnel
Station	Geographic station not to exceed 500 sworn personnel	All Sworn Personnel
Invitational	Must have a minimum of 2 non-sworn runners	Civilian/Sworn mix
Invitational Mixed	Same as invitational & a minimum of 5 female & 5 male runners must complete their stage	Civilian/Sworn mix
500 Invitational	Agency(s) with no more than 500 civilian & sworn personnel and a minimum of 2 non-sworn runners	Civilian/Sworn mix
Invitational Mix 800	Same as Invitational Mixed and age of runners must add up to 800 years or more	Civilian/Sworn mix
Guest	Open to our International Law Enforcement Agencies	Civilian/Sworn mix

**NOTE: ONLY ALL SWORN PERSONNEL TEAMS ARE ELEGABLE TO WIN THE CHALLENGE CUP TROPHY AND BELT BUCKLES.**

**Note:** Any team in the Guest category regardless of personnel are not eligible to win the Challenge Cup Trophy or Belt Buckles.

**Note:** Full time LAPRAAC employees are eligible to run with LAPD Training Division as civilian employees.

# 1 – Race Information- 2023

**Retired Employees:** If a retired employee does not have a Retired Identification from their agency, that individual must have served a minimum of 15 years at a law enforcement agency and will require a signed letter by the Chief of the agency requesting the individual be eligible to run.

**Sworn Officers:** Any full time Police Officer.

**Civilian Department Personnel:** Any civilian department personnel who participate in the race must be full time employees. **The exception to this rule is Reserve Officers.**

**Multi-Agency Teams:** Agencies who choose to combine to create a team and choose to run in a number category, must not have sworn personnel exceeding the number. Also, proximity of agencies is no longer a factor when creating a multi-agency team. However, no more than 4 agencies are allowed to combine to create a team.

**Recruits/Cadets:** Recruits/Cadets are considered civilian personnel until completion of the academy.

**Station Category:** For purposes of the Station Category, any Officer who is at their station by March (LASD – March 1, LAPD – Deployment Period 3) must run for that station. The exception is if the receiving station has already formed their team and has no space on the roster for the incoming runner. In that situation the runner may run for their previous station.

**Any team who is unable to complete the race with the proper personnel as defined by their category will not be eligible for awards.**



# 2 – General Rules- 2023

## Rules - General Information

Given the sheer magnitude and complex logistics of the Challenge Cup Relay, it is necessary that all participants involved in this race, (runner, support, or spectator) conduct themselves 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 through years of experience. The continuation of this race depends upon adherence, by all of those involved, to follow all rules. Failure to comply with the race rules jeopardizes LAPRAAC's ability to obtain necessary permits, which then jeopardizes the continuation of our race. The below list is some of the policies LAPRAAC has put in place to ensure the rules are followed as well as a way you can assist in ensuring our race continues.

- California/Nevada DOT, Local law enforcement, Race Officials, assigned officers and volunteers will monitor the race. Citations will be issued to offenders.
- Warnings of infractions will be noted and addressed immediately.
- Non-compliance and certain other infractions will result in an immediate disqualification of the team and removal from the racecourse.
- Highway 127 from Baker through Shoshone to the Stateline will not be closed for the race. Local residents and travelers are using the highway for travel, so please drive safely.
- Please leave the desert better than we found it. **Pick up all trash.**

The race is officially over at 0900 hours on Sunday. Any teams not finished by 0900 hours are declared "Unofficial" and times will not be entered.

## 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 **0900 hours**.

- Any Team member that becomes aware of any infraction or violation of the rules should have the 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.
- Any complaint submitted after closure of the Finish Line will NOT be accepted or considered.

# 2 – General Rules- 2023

## 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
<b>Pt (n)</b>	<b>A Penalty that results in a time consequence. N represents the time.</b>
<b>Pt (5)</b>	<b>A Penalty of 5 Minutes will be added to the Team Finish Time</b>
<b>Pt (UO)</b>	<b>Team Un-Official. (Last Place) Individuals still recognized for records.</b>
<b>Pt (DQ)</b>	<b>Team Disqualified. Team members not recognized for awards or records.</b>
<b>Pt (DQI)</b>	<b>Same as above with the Immediate Removal from the Race.</b>

## Basic Rules

### **1. Run Plan & Race Day Briefing**

Teams are required to have 20 runners and may have up to 10 alternates on their Team Run Plan. The Team *Preliminary Run Plan* shall be submitted on-line using the Official web site <http://registration.bakervegas.net> registration procedures.

- a. Final Run Plan must be registered by the announced deadline.
  - Pt (5) - For NOT Registering before the deadline.
- b. Race Friday Check in - Team Captain or team representative shall check in with the Registration Officials at the scheduled time in Las Vegas, at The Rio All-Suites Hotel and Casino. The team captain or team representatives are strongly encouraged to attend the Race Briefing for any new race information.
  - Pt (UO) - For NOT checking in at one of the registration locations.

### **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, 5 minutes prior to the start gun.**

- Pt (5) - For Late check in.

# 2 – General Rules- 2023

## 3. Team Volunteer

Each team shall provide one adult volunteer to assist the *Race Coordinator*. The assigned person shall report to the designated location at the stipulated time and perform the duties as assigned. They shall remain until released by the *Stage Officer-in-Charge 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 a Volunteer, Volunteer fails to show up, or they leave without approval.
- Pt (UO) - For Failure to Sign In, Sign Out or unresponsive to OIC.

## 4. Team Catcher

Each Team will be issued (10) **Green bib numbers** and shall provide support personnel described as a "Team Catcher". **There are NO catchers allowed at the Finish Line.**

- a. The Catcher shall be responsible for assisting the incoming Runner to exit the handoff zone safely at each exchange point!
  - Pt (10) - 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. 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. Altercations

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

- Pt (DQI) Immediate Disqualification.

## 7. Officials Instructions

Every person within the Stage Location area and the Racecourse 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 (10) to (DQI) Depending upon circumstances.

## 8. Trash

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

- Pt (10) to (DQ) Depending upon circumstances.

## 9. Stage Speed limits ~ no passing zone

The speed limit 500 feet prior to and 500 feet after the Start Line and Stages 2 through 9 is 10 mph and will be strictly enforced by Stage Officials. This also a NO Passing Zone. Be extremely cautious as runners and team vehicles are re-entering the flow of traffic.

- Pt (20) For each occurrence.

## 2 – General Rules- 2023

### 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 4 inches high*.

Suggest the use of vinyl or removable White or Yellow markings.

- Pt (10) For unmarked vehicles.

### 11. Use of Drones

The use of drones during the hours of the race is **Strictly** forbidden. This would include drone use over the actual path of any runner, any vehicle, and the areas surrounding and encompassing Medical Support Flight and ground paths, Med Base and all stages of the race.

The reported use of any drone will result in the team being ***disqualified*** and may result in a permanent ban from race participation; subject to reinstatement by the LAPRAAC Board of Directors.

# 3 – Runners Rules- 2023

## Runners Rules - General Information

The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause a team to be penalized or disqualified.

It is suggested that the Team Captain direct their team members to review the 2023 Rules and Handbook. All rule violations and warnings will be reviewed by the Race Rules Committee for appropriate action.

## Penalties

### 1. **Stage Check In**

All runners shall check in, with the RV Support Officials, at their assigned stage to obtain their **White** bib numbers. **Leg 1 runners shall check in at least 30 minutes prior to their Start Time.** The runner shall present a Department issued photo ID card or Government Issued Driver's License (photocopy or photo) to obtain their bib numbers.

- Pt (5) Penalty for failure to check in

### 2. **Alternate Runner Substitution**

If a Scheduled Runner fails to appear for their scheduled leg, an Alternate Runner may substitute without penalty. The Scheduled (no show) Runner may be re-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.

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

### 3. **Downed Runner Replacement**

If a runner cannot complete their assigned leg, an Alternate Runner (wearing a **yellow** bib) may pick up the baton and complete the leg. (Refer to Rule 3.5 – Bib Number Display) The Replacement Runner is **not** required to sign the Stage Roster at the completion of the leg. The Replacement Runner shall **not** run any other leg in the race.

- Pt (10) Penalty for Downed Runner

### 4. **Running Multiple Legs**

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

- Pt (DQ) For running more than one leg.

### 5. **Bib Number Display**

**Assigned and Alternate Runners** shall obtain their **white** bib numbers from the RV Support Officials at their assigned Stage.

**Downed Runner Alternates** will obtain their **yellow** bib numbers from their Team Captain or Follow Vehicle.

Bib numbers shall be worn on the front chest area and middle of the back. Any other location is an infraction.

# 3 – Runners Rules- 2023

If the runner covers up due to cold or inclement weather, the number shall be moved to the front and back of the outer garment.

Bib number shall be clearly visible including when wearing a flashing vest. Do **not** fold, trim, or alter the bib numbers in any fashion.

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

## 6. Runners Clothing

All runners shall wear upper body clothing. When the temperature exceeds 78°f runners shall **not** wear sweatpants. (OK when temperature is less than 79° f)

- Pt (15) Penalty for any infraction

## 7. Baton

Each runner must use the Official Baton provided at the Start Line. The runners shall always carry the baton in their hand. 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 to create a competitive advantage for their team.

- Pt (10) Penalty for failure to properly hand carry.
- Pt (DQ) For Unauthorized possession by others that creates a competitive advantage.

## 8. Warm Up

All Runners warming up on the highway, during the hours of darkness, shall be required to wear a reflective vest with an activated flashlight **or** other illumination device.

- Pt (10) Penalty for each infraction.

## 9. 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.

## 10. 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.

## 11. Runner Delay

Runners delayed by an unusual event, such as an Emergency Services Delay or an Official 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 any delay.

# 3 – Runners Rules- 2023

## **12. Flashing Vest**

Sunset and sunrise hours will be determined by the Race Coordinator. Any runner who starts their leg prior to the designated sunset hour will not have to wear an approved flashing vest.

- Pt (5) For each infraction.

# 4 – Team Vehicle Rules- 2023

## Team Vehicle Rules - General Information

All vehicle rules stated in this Rules and Handbook will be strictly enforced.

For purposes of the rules, all support, spectator, and personal vehicles associated with any team are considered Team Vehicles, whether or not they are designated as official team vehicles.

The words "Follow Vehicle", "Support Vehicle" and "Transport Vehicle" infer and include the support personnel therein.

## Follow Vehicle Rules

It is recommended that any team members who may drive or observe watch the Follow Vehicle Video on the Baker to Vegas YouTube channel, read the 2023 Rules and Handbook and attend the Friday briefing at the Rio Convention area. It is each team's responsibility to know of any changes or special instructions that maybe announced at the Friday briefing.

### **1. Follow Vehicle Inspection**

Follow Vehicles shall report to the Follow Vehicle Check-In area and be equipped with approved signs, FRS Radio, lights, water, first aid equipment and any other items required by the Race Coordinator. Follow Vehicles shall pass an inspection before they may be used in support of the Race. Follow Vehicles shall report to the Check In area (Located South of the Start Line) 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.

**NOTE:** If a team's Follow Vehicle fails to check in, their runner will be prohibited from starting.

- Pt (The runner will be held at Start Line until their Follow Vehicle has checked in. The delay time is the team penalty)
- Pt (DQ) Shall pass inspection or team **not** allowed to participate

### **2. Runner Signs**

All Follow Vehicles shall display:

- A "Caution Runner Ahead" sign at the rear of the vehicle. It shall be at least 30" X 12" or 20" X 20" with **RED** letters on White background. This sign must be clearly visible from the rear of the vehicle.
- The Team number shall be 6" high and made with yellow / white reflective vinyl/ tape. The Team number shall be affixed on the rear (right corner) of the vehicle and in the middle of the right passenger side of vehicle.
  - Pt (DQ) Shall comply or will not be allowed to participate.

### **3. Amber Rotating/Strobe Light**

All Follow Vehicles shall be equipped with an amber light (rotating or strobe) mounted on top of the vehicle and is to be visible 360 degrees. No blue lights. It is advisable to carry a backup.

- Pt (DQ) Shall conform or will not be allowed to participate.



# 4 – Team Vehicle Rules- 2023

## 4. FRS (Family Radio Service) Radios Required

Follow Vehicles shall be equipped with an approved FRS Radio, set to the race frequency. This radio shall be operational for the entirety of the race. The Follow Vehicle is responsible to always monitor the FRS Radio for Traffic Control and communications with other Follow Vehicles and Officials.

- Pt (DQ) For not having a FRS Radio.
- Pt (5) For each occurrence of not responding to radio calls.

## 5. Sound Systems

Follow Vehicles may be equipped with sound systems for the runners.

- a. The sound shall be turned **off** for **200 yards** prior to the **Early Warning** point and not turned on until **200 yards** after the **Exchange Point**.
- b. All sound systems shall be turned **off** prior to Stage 11 and may resume after Stage 12.
- c. All sound systems shall be turned **off** approaching **Stage 18 Early Warning** and shall remain **off** for the rest of the race.
- d. Runners may wear earphones from Start line through Stage 17. At Stage # 18 to the end of the race, **no** sound system of any kind will be used by the runner.
  - Pt (5) For each occurrence of not turning OFF sound.

## 6. Follow Vehicle Following a Runner

- a. The Follow Vehicle shall follow behind the runner at a safe distance.
- b. The Follow Vehicle shall stay to the extreme right-hand side of the roadway.
- c. 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 (10) to (DQ) Depending upon circumstances.

## 7. Runners Overtaking a Follow Vehicle

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.

- a. As soon as practical, the vehicle shall resume following both runners at the extreme right side of the roadway.
- b. The overtaking Follow Vehicle shall remain behind the overtaken vehicle keeping to the extreme right side of the highway.
- c. 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.

# 4 – Team Vehicle Rules- 2023

## 8. Follow Vehicles - Highway 160 Special Rules

All Follow Vehicles and runners traversing Highway 160 between Pahrump (Stage 12) and Fort Apache Stage # 18 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 Stage13 to Fort Apache (37 miles). This includes while rendering aid to their runner
  - Pt (5) to (DQ) Depending upon circumstances.

## 9. Runner Passing Follow Vehicle

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

- a. The overtaken Follow Vehicle shall move to the **left** as far as possible. Staying to the **right** of the fog line.
- b. Slow up and allow the runner to pass on the **right**.

## 10. Follow Vehicle Passing Another Follow Vehicle

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

- a. The overtaken Follow Vehicle shall move to the **right** onto the dirt shoulder, if possible.
- b. Slow and/or stop and allow the overtaking Follow Vehicle to quickly pass.
- c. The passing Follow Vehicle should stay to the **right** of the fog line unless there is no other way to pass.
  - Pt (DQ) For any infraction of Rule

## 11. Follow Vehicle Observer

The Team Captain will provide the Follow Vehicle Observer with an Official Log Sheet. The Official Log Sheet is the **only** form that can be used for recording changed runners, downed runners and to claim Official Delays. A team representative must sign the Official Log Sheet prior to turning it in to race staff.

- a. Log sheets must be turned in inside the convention area of the Rio. Race personal will be positioned directly inside the rear doors near the rear parking lot. These logs need to be turned in within 30 minutes of your finish.
- b. 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.
  - Pt (UO) Failure to turn in or not using Official Log Sheets.

## 12. 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 (n) In accordance with the violation.

# 4 – Team Vehicle Rules- 2023

## 13. Passing Vehicles - General

**No Passing** zones: 500 feet **before** each Stage Entrance to 500 feet **after** each Stage entrance!

- a. All Vehicles are prohibited from driving abreast (side by side) except while in the process of passing. (See Special Rule # 8 for Hwy 160)
- b. The passing vehicle shall **not** impede traffic to take pictures.
- c. An overtaken vehicle shall pull to the **far right** of the roadway to assist the passing vehicle
- d. The passing vehicle shall use the utmost caution in passing. Do not pass on blind spots or curves.
- e. Avoid passing in congested areas unless you have a clear view of the oncoming traffic.
  - Pt (5) to (DQ) Depending upon the infraction

## 14. Start Line to Staging Area - NO PARKING ZONE

No one shall be allowed to stop or park along the road between the Start Line and the Follow Vehicle Staging Area. All vehicles stopped or parked in this area will be penalized.

- Exception: Authorized Official Vehicles are exempted from this rule.
  - Pt (UO) Infraction for unauthorized parking in No Parking Zone.

## 15. Start Line Parking

Parking on the roadway at the Start Line is limited to Official Vehicles **only**. All vehicles will pull off the roadway into a designated area. No parking on the roadway.

- Pt (10) For each infraction.

## 16. All Stages – No Parking Zones

- a. There shall be **no** Parking or Stopping within **1 mile prior to or 100 feet after**, the Exchange Points. (Officials Vehicles Exempted).
- b. Vehicles parked past the exchange point must be completely to the right of the fog line so as not to impede the runners.
  - Pt (10) For each infraction.

## 17. Shoulder Parking

All parking shall be done safely. Vehicles parked on **the runner's side of the highway must be completely to the right of the fog line**. No vehicle shall be stopped or parked on or about the roadway or shoulder in any manner that may impede traffic or runners.

- Pt (10) For each infraction.

# 4 – Team Vehicle Rules- 2023

## 18. Unauthorized Follow Vehicles

Only officially designated Follow Vehicles with required lights and signs will follow the runner. All other vehicles, including transport vehicles and spectator vehicles, must proceed safely and expeditiously along the roadway.

The following guidelines will be strictly enforced as to overall size of the Follow Vehicle. No team will use a vehicle larger than a 15-passenger van. Do not exceed the below dimensions:

- a. Overall Length                      235 inches
- b. Width                                      99 inches
- c. Height                                      81 inches
  - Pt (10) For each infraction.

## 19. Motor Home Parking

Motor homes will not be permitted to park or wait alongside the highways of the racecourse. Parking on the desert, completely off the highway and the shoulder, is done at the complete discretion of the driver. Be aware, tow service may take hours to obtain

- Pt (DQ) For Unauthorized parking.

## 20. Motor Home Usage

Motor Homes shall **not** be used to shuttle to or from an exchange point and shall not be used as a Follow Vehicle.

- Pt (DQ) For Unauthorized usage.

## 21. Stage #16 Parking - Special Placard Required

- a. Vehicle parked on the racecourse in the area of Stage # 16
  - Pt (10) for each infraction
- b. Vehicle in Archery Range parking area without special placard
  - Pt (30) for each infraction

# 5 – Communications Rules- 2023

## Communications Rules

The following rules and policies were made in conjunction with the race Communications Coordinator to ensure The Baker to Vegas Challenge Cup Relay Race adheres to all FCC regulations.

### 1. Communications Forms

All teams will be required to turn in the Communications Form to the Communications Director by TBA. Communications will be coordinated and verified by the Communications Coordinator

- Pt (5) Penalty for forms turned in after deadline
- Pt (DQ) Penalty for failure to submit form.

### 2. Voice Communications

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

- a. Teams requesting to use radio frequencies that require a license must be able to produce a copy of the required license upon request.
- b. Teams using rental radio systems will fill in the name of the Rental Company on the Communications Form. Frequencies may be checked prior to the race for accuracy by the Communications Team.
- c. 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.
- d. Any radio antenna set up near Shoshone Airport, MedBase landing zone, or any other airport shall comply with the height restrictions set forth in 47 CFR 95.217b, 14 CFR 77.9(b) and any other related statute.
- e. Unattended radio equipment must be marked “Baker to Vegas”, Team #, and a phone number that will be answered while the equipment is left unattended.
  - a. Pt (10) Penalty for using Uncoordinated Rental Radio system or equipment.
  - b. Pt (10) Penalty for non-compliance of coordination requirements.
  - c. Pt (DQ) Penalty for using non-type accepted radio equipment.
  - d. Pt (DQ) Penalty for interfering with and radio system(s) along the racecourse.
  - e. Pt (10) Penalty for not properly marking unattended 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 current letter of consent** from the owner/club along with the Communications Form. In addition, communications forms that include requests for amateur radio coordination are to include an **ICS 205** form or equivalent.

- Pt (5) Penalty for using more than 2 frequencies per band.
- Pt (5) Penalty for Interfering with normal repeater operations
- Pt (10) Penalty for Interfering with other coordinated frequencies.
- Pt (5) Penalty for not submitting an ICS205 form when required

# 5 – Communications Rules- 2023

## 4. Digital Communications

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

- a. This includes everyone who has equipment anywhere along the racecourse, including but not limited to follow vehicles, team captains, and all other team support vehicles.
- b. Once the participants have received the time slots no person will alter the timing, titles, labels and or frequency assignments.
  - Pt (5) For transmitting uncoordinated or unauthorized digital signals
  - Pt (10) For altering APRS Coordination

## 5. FRS Radio Communications

FRS Radio Channels and PL tones are assigned and monitored by the Race Communications Director. It is very important that every team support person is made aware of the FRS radio channel assignments for each team or group.

- a. FRS Radio Channel 2 is restricted for use by the RV Support Group.
- b. FRS Radio Channel 3 is restricted for use by the Follow Vehicle Drivers and Race Operations Officials.
  - This channel is NOT to be used for logistical purposes. It is to be used ONLY for communications with other follow vehicles, motors and Race Officials.
  - Pt (5) Interfering on Non-Assigned FRS Radio Channels
  - Pt (10) Interfering on restricted FRS Radio Channel

## 6. Uncoordinated Radio Frequencies

Teams using uncoordinated radio frequencies will be subject to disqualification.

- Pt (DQ) For using uncoordinated radio frequencies or systems.

# 6 – Team Captains- 2023

## Team Captains - General Information

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 and 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

Please read all the rules and make certain that your team members, volunteers, support staff and visitors, 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.

If your team will have boosters, family members, and 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!

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.

## Team Volunteer

Each Team Captain will provide the Race Coordinator with the name of one Team Volunteer who will 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 no later than 2 weeks prior to the race.
- Preference for assignments will be given to teams in the order of receipt of Team Entrance Fee.

**NOTE:** All volunteers must meet certain physical criteria which will be discussed in the Team Captain Meetings.

## Runner Medical History

Any runner, who intends to compete in the Baker to Vegas Race and was transported to a hospital at the previous year's Baker to Vegas Race, must receive approval from their doctor.

Team **Release of Liability (Waiver form)** must be completed online by each runner and alternate runner at the time of registration.

# 6 – Team Captains- 2023

## Runners Bibs

- The RV Support Officials will issue white bib numbers to the runners at their assigned Stage.
- At the Team Captain Check In, **yellow** bib numbers will be given to the Team Captain for use by the alternate runner replacing a downed runner (DR). **Green** numbers will also be issued for use by the Team Catchers.
- A substitute runner for a **no show** shall check in at the RV Support staff and be issued white bib numbers.
  - The No Show Runner may be re-assigned to the Alternate Pool

## Final Run Plan Procedures

Every team captain must complete their final run plans no later than Friday March 24<sup>th</sup> at 2100 hours. After 2100 hours on March 24<sup>th</sup> the Run Plan feature of the team's registration page will be locked. Any team captain who wishes to make changes after March 24<sup>th</sup> must contact the Race Coordinator. All teams will have the opportunity to make any final changes to their teams Final Run Plan on Friday March 31<sup>st</sup> at Team Check In.

## Category & Start Time Changes

Any team requesting to change their Category or Start Time after final submission must contact the Race Coordinator. All changes must receive approval from the Race Coordinator. Changing categories after the final submission date jeopardizes the team's ability to receive a plaque and/or mugs.



# 7 – Course Description

## Course Description

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

### **Stage 1 5.4 Miles Difficulty 15**

Start Line 474' Flat with slight declines then at 4-mile point a gradual incline until 4.5 mile mark then .9 mile downhill.

### **Stage 2 4.0 Miles Difficulty 16**

Start at 474' The first mile is slight downhill. The next 3.0 miles are flat. While an easy stage the weather conditions can make this difficult, wind and heat.

### **Stage 3 4.2 Miles Difficulty 8**

Start at 470' m-1 590', m-2 746', m-3 935', m-4 1137', Finish at 1168'. This is a strenuous climb 4.2 miles. Combined with wind and heat this stage can be very tough.

### **Stage 4 5.1 Miles Difficulty 6**

Start at 1168'. m-1 1403', m-2 1650', m-3 1912', m-3.5 Summit 2090', m-4 1970', m-5 1886'. This stage continues the climb to lbex pass at 3.5 miles of steep uphill before reaching the top and 1.6 miles downhill.

### **Stage 5 6.1 Miles Difficulty 19**

Start at 1880'. m-1 1774', m-2 1636', m-3 1530', m-4 1434', m-5 1376', m-6.1 1319'. The entire stage 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.

### **Stage 6 6.1 Miles Difficulty 9**

Start at 1319'. m-1 1340', m-2 1396', m-3 1399', m-4 1426', m-5 1482', m-6.1 1528'. The first several miles of this stage are fairly flat, 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 7 6.2 Miles Difficulty 4**

Start at 1528'. m-1 1560', m-2 1624', m-3 1870', m-4 2159', m 4.7 summit 2390', m-5 2345', m-6.2 2143'. Fairly flat until about 1.5 miles where the uphill begins. The gradual incline soon becomes a very arduous hill, topping out at 4.7 mile mark. The stage finishes with 1.5 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 8 6.6 Miles Difficulty 5**

Start at 2143'. m-1 2111', m-2 2143', m-3 2211', m-4 2274', m-5 2376', m-6 2566', m-6.6 2664'. This stage 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 1.6 miles. The stage ends just a few hundred feet over the crest of the hill.

# 7 – Course Description

## **Stage 9 7.5 Miles Difficulty 7**

Start at 2664'. m-1 2730', m-2 2850', m-3 2816', m-4 2706', m-5 2587', m-6 2476', m-7.5 2536'. 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 10 5.8 Miles Difficulty 12**

Start at 2536'. m-1 2518', m-2 2533', m-3 2554', m-4 2564', m-5.8 2606'. This stage is flat. It takes the runner into the friendly community of Pahrump Nevada.

## **Stage 11 5.3 Miles Difficulty 11**

Start at 2606'. m-1 2650', m-2 2710', m-3 2720', m-4 2741', m-5.3 2766'. This stage is a slight but continuous incline. At 1.6 miles after the handoff the runner will make a right turn onto Nevada Highway 160. ~Caution~ The next 40 miles of the course are characterized by very fast traffic!

## **Stage 12 4.6 Miles Difficulty 14**

Start at 2766'. m-1 2780', m-2 2775', m-3 2870', m-4.6 3076. This is a short but steady uphill stage. The runner leaves the town of Pahrump.

## **Stage 13 7.0 Miles Difficulty 3**

Start at 3076'. m-1 3155', m-2 3265', m-3 3368', m-4 3429', m-5 3442', m-6 3426', m-7 3370'. This stage begins with a long steady incline of 5 miles then levels off with a gentle decline for last 2 miles. Beginning with this stage the runner and the FV will use the paved shoulder lane. Parking at # 13 is on the racecourse; very limited. Only one vehicle per team, PLEASE!

## **Stage 14 10.7 Miles Difficulty 2**

Start at 3370'. m-1 3326', m-2 3342', m-3 3377', m-4 3476', m-5 3602', m-6 3703', m-7 3772', m-8 3820', m-9 3930', m-10.7 4215'. This stage begins with 1 mile of downhill and then the runner begins a steady climb toward Mountain Springs Summit. The second 5 miles is difficult due to the elevation and the steep grade. The finish is one-half mile from Sandy Valley Road. The entire length of this stage is uphill except for the first mile. Parking for # 14 is on the Tecopa Road, south of Hwy 160

## **Stage 15 6.4 Miles Difficulty 1**

Start at 4215'. m-1 4376', m-2 4562', m-3 4730', m-4 4940', m-5 5280', m-6.2 Summit 5495', 200 yards downhill to exchange. This stage, without question, provides one of the most difficult challenges of the race with 6.2 miles of tough, continuous uphill running. At 4.5 miles into the run, it gets steeper. The stage starts at an elevation of 4400 feet and ends just short of the summit at 5600 feet. This stage climbs to the highest point in the race, not unusual to see snow!

## **Stage 16 5.3 Miles Difficulty 13**

Start at 5400'. m-1 5350', m-2 5045', m-3 4735', m-4 4350', m-5.8 3760'. This stage is a steep descent. Very fast very downhill! Watch for Cattle Crossing at 1.8 mile.

# 7 – Course Description

## **Stage 17 7.8 Miles Difficulty 10**

Start at 3760'. m-1 3557', m-2 3395', m-3 3250', m-4 3130', m-5 3020', m-6 2940', m-7.3 2842'. The entire stage is a 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' ahead. Watch for Cattle Crossing at 2.5 mile.

## **Stage 18 5.7 Miles Difficulty 17**

Start at 2842'. m-1 2828', m-2 2735', m-3 2628', m-4 2578', m-5.7 2640'. This stage is flat for .4 miles and then becomes a slight incline for .2 miles. At the 1.0 mile point the stage begins a gradual downhill for 2.8 miles and then is slightly uphill to the exchange.

## **Stage 19 5.6 Miles Difficulty 20**

Start at 2640'. m-1 2666', m-2 2694', m-3 2587', m-4 2454', m-5.6 2315'. This stage begins with a slight incline over the 215 Freeway. After a short decline the runner will begin a slight incline until they reach the Desert Inn Road. Runner and FV turn right and enter a coned off traffic lane. The remainder of the stage is downhill.

## **Stage 20 4.6 Miles Difficulty 18**

Start at 2315'. m-1 2212', m-2 2148', m-3 2125', m-4.6 2040'. This stage is flat to downhill for the first 2.0 miles. It winds through a flat industrial area and into the Rio Hotel parking lot. At this point the F/V will be directed to a designated parking area while the runner continues on a different path into the Rio Hotel Convention Room.

**\*NOTE: Legs are subject to change.**

# 8 – Medical Information- 2023

## Medical Information - General Information

The Follow Vehicle Crew is responsible for the immediate safety and wellbeing of the Runner. They must NOT let the Runner become a medical statistic. Be Alert! Watch the runner at all times. Each year we have runners go down. A large part of this is due to Follow Vehicle personnel NOT paying attention to the runner's condition.

- 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 runner's 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 and give them water. Keep them **Hydrated**.
- Abort their run if you are not satisfied with their condition. Slow them down if they begin to show any signs of a problem. Stop them if necessary and make them take water until their condition improves.
- 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 will be available at each stage/baton hand off with paramedics, EMTs, and nurses. Advanced Life Support Ambulances will be deployed along the course at various locations, and fast response paramedic/RN response units will be available along the course.

- History has shown most emergency calls are made in the first six stages.
- Ground ambulance and air ambulance transportation will be available to transport ill and/or injured race participants to the hospital.
- ALL PATIENTS REQUIRING ADVANCED LIFE SUPPORT CARE (I.V FLUIDS, MEDICATIONS, etc) WILL BE TRANSPORTED TO THE HOSPITAL via either ground or air ambulance, per the regional emergency medical services agency. The method of transport will be determined by the Medical Team.
- Follow vehicles **must be prepared** to move the runner to the nearest Stage for medical treatment

## Ham Safety Patrol

A staff of HAM operators will patrol the racecourse from start through stage #8. Each stage will have (2) HAM vehicles who will drive their assigned stages ready to assist any team with their downed runner. They have the radio capability of contacting the nearest stage alerting them of an incoming patient.

# 8 – Medical Information- 2023

## Common Medical Problems

### **Dehydration**

This is the common root cause of most of the medical emergencies along the course.

- 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 strongly recommended that the Runners **drink water** (and also recommended that they periodically drink electrolyte replacement beverages (NON-CAFFEINATED)) periodically before, throughout, and after their race.
- Spraying water on the runner, or pouring over the head of a hot runner, will not forestall dehydration. This is Not a substitute for drinking water.
- Follow vehicles should offer the Runners water on a regular basis. Don't ask if they want water offer it to them and strongly encourage them to drink!
- Even so, some Runners will refuse water right up to the time they lose consciousness and the ability to make rational decisions
- During the heat of the day, make certain that you watch their water intake and be proactive in keeping them hydrated
- If it is apparent to you that the Runner is suffering the beginning signs of heat illness and/or dehydration, pull them over and get them into the Follow Vehicle. Lay them flat and then apply ice to Arm Pits, Back of the neck, and Groin area and make them drink water. Hand the baton to the **Alternate Runner** and get them going.
- Immediately drive to the closest Exchange Point for medical care. The medical tent is located at the baton handoff area.
- KNOW WHERE YOU ARE on the course at all times, in case of emergency, so that the correct location can be relayed to the medical team.
- If you are awaiting the medical team, please turn on your hazard lights, and make yourself known to the medical crew responding.

### **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 act.
- Stop the runner and render aid when they can get into the Follow Vehicle.
- Don't let them proceed. Exchange the runner with an alternate!

# 8 – Medical Information- 2023

## Heat Emergencies

This can range from simple physical exhaustion to Heatstroke (potentially deadly). 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 runner has 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 runner 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 runner's head color (temperature).
- Changes in the runner's leg movements! (Rubber legs).
- Attitude or personality changes. **Disorientation = Heatstroke**
- If the runner seem pale, weak, depressed, or any of other symptoms of distress, take immediate action.
- **STOP** them immediately and make further determinations.
- Get the Runner into the Follow Vehicle and have them **lie down flat**.
- Re-hydrate them with small sips of water, **if they can tolerate liquids. Nausea is common.**
- Transport them to the nearest stage/baton hand off for medical assistance.
- If immediate action is NOT taken, the Runner could suffer from Heatstroke!

## 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.
- Heat Stroke demands MANDATORY TRANSPORT TO THE EMERGENCY DEPARTMENT
- Symptoms will include ALTERED MENTAL STATUS/CONFUSION, and may include redness of the face, dilated pupils, dry/hot skin.
- Get the Runner into the Follow Vehicle shade.
- Remove or loosen any of the Runners restrictive clothing.
- Get the runner into shade by any method possible. Lie them down
- USE ALL AVAILABLE MEANS FOR RAPID AND AGGRESSIVE COOLING, INCLUDING COLD WATER ON THEIR BODY, NECK, GROIN, AND HEAD.
- APPLY COLD PACKS/ICE PACKS TO THE SIDES OF NECK (GENTLY, DO NOT APPLY PRESSURE TO THE NECK), GROIN, AND ARMPITS. THESE RUNNERS ARE DANGEROUSLY HOT ON THE INSIDE, AND RAPID COOLING IS THE CRITICALLY IMPORTANT.

# 8 – Medical Information- 2023

- DO NOT GIVE ANY ORAL FOOD OR FLUID TO AN UNCONSCIOUS OR CONFUSED PATIENT. THEY MAY NOT BE ABLE TO SAFELY CONTROL THEIR AIRWAY. ALLOW THE MEDICAL TEAM TO ASSESS SAFETY FOR ORAL FLUIDS TO THE UNCONSCIOUS OR CONFUSED PATIENT

## 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.

- Who have you placed in the Follow Vehicle as the Observer? Are they experienced in judging the condition of the runner?
- In the extreme situation, can those in the Follow Vehicle pick up the runner and place them inside the vehicle for transportation?
- Runner is beginning to slow down and seems disoriented or in obvious physical distress. **You must test them: do they know the time, where they are, or their circumstances? Should they fail any of these tests get them medical help ASAP.**
- 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 Medical Team in attendance.

## Transport Requirements

Due to local emergency medical services regulatory requirements, and more importantly for the safety of the race participants, ALL patients who require advanced life support care (IV, IV Fluids, or medications), or who have any period of confusion (unable to accurately answer who they are, where they are, approximate time/day of week/date, and reason that they are where they are (purpose for their being where they are (i.e. if they don't know they are running at Baker to Vegas))), MUST BE TRANSPORTED VIA GROUND AMBULANCE OR AIR AMBULANCE TO THE EMERGENCY DEPARTMENT FOR CONTINUED CARE. THE MEDICAL TEAM WILL IMMEDIATELY PLAN FOR TRANSPORT AS SOON AS THEY DETERMINE THAT ADVANCED CARE IS NEEDED OR INITIATED. The medical team will select the most appropriate method of transport (ground or air) and will make the arrangements for that emergent transport.

# 9 – Appendix- 2023

## Challenge Cup Past Winners

1985	14:16:57	LAPD	Central Area	2008	12:48:12	LASD	Men's Central Jail
1986	13:26:58	LASD	SEB	2009	12:48:46	LASD	Men's Central Jail
1987	**	LAPD	Training / ASD	2010	12:53:02	LASD	Men's Central Jail
1988	13:00:02	LAPD	Hollenbeck Area	2011	12:53:37	LASD	Men's Central Jail
1989	13:12:02	LAPD	Parker Center	2012	13:07:33	LAPD	Department Team
1990	13:03:31	LASD	Central Jail	2013	13:02:32	LAPD	Department Team
1991	12:57:01	FBI	Los Angeles	2014	12:49:52	LAPD	Department Team
1992	12:53:37	LASD	Central Jail	2015	12:53:17	LAPD	Department Team
1993	12:42:17	LASD	Central Jail	2016	12:59:35	LAPD	Department Team
1994	12:58:48	LASD	Central Jail	2017	12:52:38	LAPD	Department Team
1995	12:56:37	LASD	Central Jail	2018	12:37:29	LAPD	Department Team
1996	12:41:29	LAPD	Training / ASD	2019	12:49:44	Belize	Country Team
1997	13:12:37	LAPD	Training / ASD	2020			No Race Due to Covid-19
1998	13:40:23	LAPD	Metro Div	2021			No Race Due to Covid-19
1999	13:10:35	LAPD	Metro Red	2022	13:23:37	LASD	Department Team
2000	13:01:46	CHP	Statewide	2022	13:33:41	LAPD	Department Team
2001	13:03:48	LAPD	Metro Red				
2002	13:12:27	LAPD	Metro Red				
2003	13:24:06	SDPD	San Diego Open				
2004	13:22:55	SDPD	San Diego Open				
2005	13:18:01	SDPD	San Diego Open				
2006	13:05:15	CHP	Sacramento				
2007	13:03:40	CHP	Sacramento				

\*\* The Race Ended at Stage 14 due to SNOW!



# 9 – Appendix- 2023

## 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 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 back-up Time Keeping.

- The times are recorded by computer and photo of each exchange. Ham Communication officials are deployed as back up timing along with announcing the incoming runner from Early Warning. Hams are staged at each exchange point to conduct all Emergency Communications to the Race Command Post.

## Medical Radio Net & Medical Radio Dispatchers (MRN)

These technical Support Staff set up the entire Baker to Vegas 911 system including all Medical Radio Kits, relay stations and Med Base. Medical Dispatch is headquartered at the Rio Hotel and coordinates radio traffic over the 911 system. These personnel allow for immediate notification of injured participants, dispatching to the nearest stage and if necessary, dispatching emergency transport vehicles.

## RV Support Group

These Officials set-up the Exchange Point including all equipment and logistical support, runner registration, issue bib numbers & pins, verification that medical information is complete, and provide adequate space for both the Radio Amateur Officials and Medical personnel.

- These Officials will accumulate all written 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

The LAPRAAC Board of Directors will appoint the Chief of Medical Operations who will be responsible for the implementation of the Medical Plan of Operations. All stages within the State of California will have a medical team including Doctors and Nurses available to respond to any emergency. In addition, the race has secured a Medical Base of Operations (Med Base) near Tecopa Hot Springs for centralized Emergency Medical coordination.

- Ground ambulance and air services will be provided for those who require transportation to hospital.