

BAKER^{TO} VEGAS



XXVII

RULE BOOK

1 – CHALLENGE CUP RELAY ~ 2011

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.

RACE CATEGORIES

CATEGORY	
1	Open
2	Mixed
3	Women
4	1000
5	800
6	300
7	150
8	99
9	Sta
10	Inv
11	Inv Mix
12	500 Inv
13	800 Inv
14	Guest

SEE CHAPTER 3 FOR ELIGIBILITY RULES

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 2010, the Twenty-Sixth Annual Challenge Cup Relay accommodated 251 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 approximately 25 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 Ixex 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 Rules 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 SUPPORT GROUP (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 act 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 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 SUPPORT GROUP

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 triage area located south of stage # 5 near Tecopa Hot Springs Road.

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

TRAFFIC ENFORCEMENT SUPPORT GROUP

Motor riders will 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.

In addition, regular patrol units from CHP, NHP and Sheriff's Departments will monitor the traffic throughout the race course.

2-RACE INFORMATION ~ 2011

RACE DATE & LOCATION

The Race will begin approximately 25 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 and the www.Bakervegas.com web-site 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.

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 category and ability. 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 on the Bakervegas.com web-site 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}

2-RACE INFORMATION ~ 2011

ACCOMODATIONS & SERVICES

- ❖ Refer to Chapter 411 and the Bakervegas.com web site 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 15	Sandy Valley Road - Plenty of parking

AWARDS CEREMONY

The Awards Ceremony will be held at 6:00 PM. Awards will be available for pickup after 5:00 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 20, 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 ~ 2011

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/Nevada DOT, Local law enforcement, Race Officials, assigned officers, and support personnel 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 and Highway 178 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 and respect their 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 1000 hours. Teams Not Finished by that time will be disqualified and removed from the race course.

**NEW RULE:
TEAMS MUST CLEAR STAGE #18 BY 0800 HOURS OR THEY WILL BE
DISQUALIFIED AND REMOVED FROM THE RACE COURSE. NO EXCEPTIONS!**

ELIGIBILITY RULES

- 1) 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.
- 2) All members of Teams entering any of the Invitational categories must be full time employees. Line Reserves are eligible to run in the Invitational categories.
- 3) If a runner is assigned to a unit which does not have a team, they are eligible to run for their last assignment.

CATEGORY DEFINITION			
1	Open	Any Gender – Any Age	All sworn personnel
2	Mixed	A minimum of 5 Female Runners	All sworn personnel
3	Women	Only Female Runners; pick from entire agency	All sworn personnel
4	1000	Agency with 1000 or less sworn personnel	All sworn personnel
5	800	Ages of Runners must total 800 years or more	All sworn personnel
6	300	Agency with 300 or less sworn personnel	All sworn personnel
7	150	Agency with 150 or less sworn personnel	All sworn personnel
8	99	Agency with 99 or less sworn personnel	All sworn personnel
9	Sta	Geographic Stations or Offices within (CHP, LAPD & LASD) not to exceed 500 total personnel	All sworn personnel
10	Inv	Invitational	Civilian & Sworn members of the Criminal Justice System
11	Inv Mix	Same as 10 but with a minimum of 5 Females	
12	500 Inv	Agency with 500 or less. Civilian & Sworn members of the Criminal Justice System.	
13	800 Inv	Runners ages must total 800 years or more. Civilian & Sworn members of the Criminal Justice System	
14	Guest	An Invited Team	

3 - GENERAL RULES ~ 2011

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**

- ❖ 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.

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. 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 bakervegas.com registration procedure. Refer to Chapter 6 for detailed information.

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

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

- b. The Team Captains or Co-Captain shall check in with the Registration Officials at one of the Race Day Briefings to submit their Team Liability Form and to obtain the *Official Run Log* for their Follow Vehicle.

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

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 - GENERAL RULES ~ 2011

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 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, show up, or leaving without approval.

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

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 at each Exchange point *Exception: Catcher is NOT required at Finish Line.*
- b. The catcher shall wear a reflective vest

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 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. 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. 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 10mph and will be strictly enforced by Stage Officials. This is also a no passing zone. Be extremely cautious because of **Runners** and parked vehicles trying to re-enter the flow of traffic.

Pt(10) For each occurrence.

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. The letters shall be made using removable White Shoe Polish or White Poster Paint..

Pt(10) For unmarked vehicles.

3 - GENERAL RULES ~ 2011

11. STAGE 20 INFORMATION

Special handout reference map

Pt(5) Failure to follow prescribed route

12. FINISH LINE CLOSURE

The Race is OFFICIALLY over at **1000**. Teams NOT FINISHED by that time will be disqualified and must remove from the Race Course.

13. TEAMS MUST CLEAR STAGE 18 BY 0800 HOURS.

Teams that have not cleared Stage 18 by 0800 hours will be Disqualified and must remove from the race course. **~~ NO EXCEPTIONS ~~**

4 - RUNNERS RULES ~ 2011

GENERAL INFORMATION

The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause a 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 check in, with the RV Support Officials, at their assigned stage to obtain their bib numbers and fill out their medical information. **Leg 1 Runners shall check in at least 30 minutes prior to their Start Time.**

- a. The Runner shall present a photo ID card {or photo copy} to obtain their Bib Numbers.
- b. They shall fill in the required medical information on the front bib only.

Pt(5) Penalty for failure to check in or not filling out medical info.

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 {See Rule 4.1 – Stage Check In}.

3. DOWNED RUNNER REPLACEMENT

If a Runner cannot complete their assigned leg, then an Alternate Runner (wearing a YELLOW bib) may pick up the baton and complete the leg. **(REFER TO RULE 4.5 – 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.

- The Follow Vehicle Observer shall Print the Name of the Replacement Runner in the “Substitute Runner” column of the Official Log Sheet and print a **DR** above the downed runner’s name. **(REFER TO CHAPTER 5.13.B– FAILURE OF FV OBSERVER TO RECORD A DOWNED RUNNER. 10 MINUTE PENALTY)**

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

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.

4 - RUNNERS RULES ~ 2011

5. BIB NUMBER DISPLAY

Assigned and Alternate Runners shall obtain their bib numbers from the RV Support Officials at their assigned Stage. (Refer to rule 4.1 – Stage Check-In)

Downed Runner Alternates will obtain their YELLOW bib numbers from their Team Captain.

- a. The Medical information shall be filled out on front bib only.
- b. Bib numbers shall be worn on the front chest area and middle of the back. Any other location is an infraction.
- c. 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.
- d. 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 cover (T-shirt or singlet). When the temperature exceeds 79°F, all runners shall wear only approved head covers { White hats or open head visors }.

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

Pt(UO) Penalty for any infraction

7. BATON

Each runner must use the Official Timing Baton provided at the Start Line. *When entering the chute, hold the baton over the mat about 2 inches above for the length of the mat. Do NOT tap the mat.* 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.**

8. BATON HAND OFF (DELETED 2010)

9. WARM UP

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.

10. UNAUTHORIZED RUNNER ASSISTANCE

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

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

Pt(DQ) For any infraction.

4 - RUNNERS RULES ~ 2011

11. 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.

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

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

12. 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 the delays.

13. 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.

14. REFLECTIVE CLOTHING - 2010-M2

All night time runners will wear an approved Flashing Reflective Vest. Vests may be purchased from LAPRRAC.

Pt(5) For each infraction.

5 - TEAM VEHICLE RULES ~ 2011

GENERAL INFORMATION

All vehicle rules as stated in this Rule Book will be strictly enforced.

For purposes of the rules, all Support, Spectator and Personal Vehicles associated with any particular team will be considered Team Vehicles, whether or not they are actually designated as official team vehicles. The words "Follow Vehicle", "Support Vehicle", and "Transport Vehicle" infer and include the support personnel therein.

FOLLOW VEHICLE RULES

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

1. FOLLOW VEHICLE INSPECTION

All New Teams Follow Vehicles shall be inspected at a time, date and place to be announced. Vehicles shall be equipped with approved Signs, FRS Band Radio, Lights, water and first aid equipment. Follow Vehicles shall pass this inspection before they may be used in support of the Race.

Pt(DQI) Shall Pass 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 inches by 12 inches with RED letters on WHITE background. The Team number shall be six inch high made with white reflective tape placed in the upper right corner on the rear window. The sign must be clearly visible from the rear of the vehicle at all times.

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 so as to be visible for 360 degrees. No Blue lights. It is advisable to carry a back up.

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

4. FRS RADIOS REQUIRED

Follow Vehicles shall be equipped with an approved FRS Radio, set to the proper channel & PL. This radio is to have either AA or AAA batteries and shall NOT be run off of a rechargeable battery pack. The Follow Vehicle Drivers shall monitor the FRS Radio at all times for Traffic Control and communications with other Follow Vehicles and Officials.

a. Pt(DQ) For not having a FRS Radio.

b. 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.

1. The Sound shall be turned **OFF** for **200 yards** either side of the **Early Warning** point and for **200 yards** either side of the **Exchange Point**.
2. All sound systems shall be turned OFF prior to stage 11 and may resume after stage 12.
3. ALL sound systems shall be turned OFF approaching **Stage 18 Early Warning** and shall remain **OFF** for the rest of the race.
4. Runners shall not wear earphones, I-pods or any other sound equipment from stage 18 to the end of the race. It is imperative that the Runner be able to hear the Traffic Control Officers.

Pt(5) For each occurrence

6. DELETED

5 - TEAM VEHICLE RULES ~ 2011

7. FOLLOW VEHICLE CHECK IN

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.

- ❖ 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)

8. FOLLOW VEHICLE STAGING AREA

Follow Vehicles will be convoyed to the Staging Area where they shall park in accordance with the Staging Area Officials to await their first runner. The FRS radio must be turned on and someone must remain in the vehicle and monitor the radio. Staging Area Officials will announce Team Numbers as the runners approach the Staging Area. (*Refer to rule 5.4 ~ FRS Radios Required*)

9. 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.
 - a. Exception #1. For a very limited distance, the vehicle may be driven alongside of the Runner to render aid.
 - b. 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.

10. 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 *overtaken* 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.

11. 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 ~ 2011

12. FOLLOW VEHICLES - HIGHWAY 160 SPECIAL RULES

All Follow Vehicles and Runners traversing Highway 160 between Pahrump (Stage 12) and Fort Apache shall remain on the paved shoulder of the Highway to the RIGHT of the fog line.

~ ~ ~ **USE YOUR FRS RADIO TO ASSIST IN PASSING** ~ ~ ~

1. Follow Vehicles shall NOT move to the left of the fog line (into the traffic lanes) from Stage 13 to Fort Apache. (30-miles) This INCLUDES while rendering aid to their runner

RUNNER PASSING FOLLOW VEHICLE

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

2. The overtaken Follow Vehicle shall move to the LEFT as far as possible. Staying to the RIGHT of the fog line.
3. 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:

4. The overtaken Follow Vehicle shall move to the RIGHT onto the dirt shoulder.
5. Slow and/or Stop and allow the overtaking Follow Vehicle to quickly pass.
6. 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 13 et al.

13. 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

- a. 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

RULES FOR ALL VEHICLES

14. VEHICLE CODE VIOLATIONS

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

Pt(Min or DQ) In accordance with the violation.

15. PASSING VEHICLES - GENERAL

1. **No Passing** zones: 100 feet **before** each Stage Entrance to 100 feet **after** each Stage entrance!
2. All Vehicles are prohibited from driving abreast {Side by Side} except while in the process of passing. {See Special Rule # 13 for Hwy 160}
3. The Passing Vehicle shall NOT impede traffic to take pictures.
4. An Overtaken Vehicle shall pull to the **far right** of the roadway to assist the Passing Vehicle
5. The Passing Vehicle shall use the utmost caution in passing. Do not pass on Blind Spots or Curves.
6. 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

5 - TEAM VEHICLE RULES ~ 2011

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

- ❖ Exception : Authorized Official Vehicles are excepted from this rule.

Pt(UO)

Infraction for Unauthorized parking in No Parking Zone.

17. START LINE PARKING

Parking 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.

18. 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}*.
- 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.

19. 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(5)

For each infraction.

20. 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.

21. 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.

22. MOTOR HOME USAGE

Motor Homes shall NOT be used to shuttle to or from a relay point and shall NOT be used as a Follow Vehicle. See Chapter 2 - MOTOR HOMES for further explanations of these restrictions and exceptions

Pt(DQ)

For Unauthorized usage.

6 - TEAM CAPTAINS ~ 2011

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 **December 31, 2010~ LAPD- DP # 1 2011**) for personnel hires and transfers.
- 5) Teams are allowed to use any personnel hired prior to December 31, 2010
- 6) Your Preliminary Run Plan must be submitted **On Line** by **1000** on the Monday preceding race day.
- 7) 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.
 - ❖ Assignment preferences will be given in the order of receipt of Team Entrance Fees.
- 8) Team **Release of Liability Form** must be completed and turned in at briefing.
- 9) The RV Support Officials will issue WHITE bib Numbers to the Runners at the assigned Stage.
 - ❖ At the Team Captains check-in, YELLOW bib numbers will be given to the Team Captain for use by the alternate runner replacing a downed runner (DR).
 - ❖ An Alternate Substitute for a NO SHOW runner shall check in and get a White Bib number from the RV Support Officials at the Stage.
 - The No Show Runner may be re-assigned to the Alternate Pool.

RUN PLAN PROCEDURES

There have been major changes to this procedure so read them carefully.

6 - TEAM CAPTAINS ~ 2011

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 ~ *Runner Registration* button.
2. Type in your Team # and your password.
3. **Read and follow the instructions at the top of the web-page.**
 - ❖ Fill in the form with your Team Name, Captain Name and your preliminary run order.
 - STAGE 11 Runner Exception. Type in the runner's 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 current entries will be **erased**.
5. Press the *Print This Page* button to get a printed copy of your Preliminary Run Plan.
6. You may make changes to your on-line Preliminary Run Plan as often as necessary up until the deadline, **MONDAY OF RACE WEEK @ 1 000 HOURS**. At 1000 hours, your Preliminary Run Plan will be downloaded into the Race Computer and will become your **OFFICIAL RUN LOG**.
7. You may browse the other team's roster by omitting the password.

STEP 2 –TEAM CAPTAIN CHECKIN.

Major changes have been made to this procedure. You will no longer have to make final changes to your OFFICIAL RUN LOG when you report to TC Checkin.

All Team Captains shall check-in at the race briefing. They shall exchange a copy of their Preliminary Run Plan for their pre-printed *Official Run Log*.

To make changes to Runner Order before the race:

Before giving the *Official Run Log* to the Follow Vehicle Crew, make your changes in the comfort of your room. Use PENCIL to make changes to the **OFFICIAL RUN LOG** following the procedures below. (SEE SAMPLE BELOW).

1. **Swapping Runners Legs:** To rearrange running order, draw a line through the original runners name and PRINT the name of the new runner above the original runner's name. Leave the Substitute Runners Column blank for field changes.
2. **Follow Vehicle Crew Instructions:** It is imperative that the Follow Vehicle Observer keeps an accurate log of who ran the leg. When you give the *Official Run Log* to your Follow Vehicle Crew, make sure they understand and follow the following procedures.
 - **ALTERNATE RUNNERS** running for a no-show, or last second changes must get their WHITE bib from the Stage Officials. The Follow Vehicle Observer shall print the Alternates name in the Substitute Runner's Column and print **ALT** in the leg# column.
 - **DOWNED RUNNER:** The replacing runner shall run with YELLOW numbers. **Do NOT remove the WHITE numbers from the downed runner and run with them.** Print the name of the replacing runner in the Substitute Runner's column and indicate a **DR** in the leg# column..
 - **FINISH LINE :** The Follow Vehicle Observer shall turn in the *Official Run Log* to the Finish Line Officials within 15 minutes of their runner crossing the finish line.
 - **RUNNER'S TIME:** Do NOT log runners time on the *Official Run Log* If you desire leg times, then you will have to create your own procedures.

OFFICIAL RUN LOG

TEAM: 1	TEAM: LASD MCJ	NAME: TIM DLUGOS					
Leg #	RUNNER	F	Substitute Runner	Leg #	RUNNER	F	Substitute Runner
R11:	VENEGAS, J.			R11:	HAUSER, T.		
R12:	MARTINEZ, D.			R12:	GARCIA, E.		
R13:	SMS, A.			R13:	ONTVEROS, L.		
R14:	DLUGOS, T.			R14:	FLORES, J.		
R15:	LOCKHART, M.			R15:	AVITIA, C.		
R16:	JENNISON, T.			R16:	MORALES, E.		
R17:	AREVALO, A.			R17:	HONG, J.		
R18:	ARRIOLA, V.			R18:	BEAS, V.		
R19:	PARK, S.			R19:	DOMINGUEZ, M.		
R20:	FERNANDEZ JAMI			R20:	CASTRO, S.		

R21:	KUNZ, G.		R21:	MERA, A.	
R22:	LOPEZ, G.		R22:		
R23:	RODRIGUEZ, E.		R23:		
R24:	TUNPOSS, E.		R24:		
R25:	VARGAS, P.		R25:		

Official Delay: PRINT the location and time (Min:Secs) of an Official delay. Also note the reason for the delay

Follow Vehicle Observers: Use PENCIL for all notations. Do NOT record Runners Time on this form. Make sure that this form indicates the runners name that actually ran the leg. Changes to running order can be made for several reasons as outlined below. Correct the form to show who actually ran the leg.
 Return this form to the Finish Line within 15 minutes of finishing or suffer a 10 minute penalty.

Downed Runner: If a runner is unable to finish their leg, then an Alternate may finish the leg for them. The Alternate must wear a YELLOW bib. DO NOT REMOVE AND USE THE WHITE BIB FROM THE DOWNED RUNNER. PRINT the Alternates name in the "Substitute Runner" column and PRINT DR in the leg # column.
10 MINUTE PENALTY FOR FAILURE TO REPORT A DOWNED RUNNER. (Rule 5.13.h)

No Show Runner: If the Scheduled Runner is NOT at the Stage to take the hand-off, an Alternate may run instead. The Alternate MUST sign-in at the Stage and obtain a WHITE bib. PRINT the name of the Alternate in the "Substitute Runner" column and print No Show in the leg # column. The No Show runner remains eligible to run another leg. No penalty for this condition.

Last Minute Changes by Team Captain: The Team Captain may make changes to the running order, prior to the Race Start, by drawing a line through the original runners name and printing the new runner's name ABOVE the original runner's name - leaving the Substitute Runner column blank for field changes.

7 - PENALTY PROCEDURES ~ 2011

RULE VIOLATIONS & PROTESTS

All Traffic Citations, Rule Violations, Protests, Greenies & Stage Data will be accumulated by War Room Officials who will collate the data and present them to the Rules Committee for preliminary adjudication. The validated penalties will be input to the computer and the Un-Official Results will be posted outside of the War Room.

1. All penalties may be appealed to the Rules Committee in the War Room by the Team Captain, Co-Captain or concerned team member.
 - a. The penalty posted will stand if there is no appeal.
 - b. Un official results posted at 1200
 - c. Penalty protests will be heard up to 1600 hours Sunday.
 - d. At 1700 hours the Official Results will be posted as FINAL in the awards area.
2. Traffic Citations & Greenies turned in by CHP, NHP, Las Vegas Metro Police and the Race Motor Officials are of prime importance.
 - a. Depending on the severity of the citation, the Team Captain may be required to appear before the committee.
3. Written protests from Teams will be accepted at the Finish Line Officials until it closes.
 - a. **Protests will not be taken after the Finish Line closes.**
4. Items of concern are the written notices of Rule Violations, Warnings, Protests, Runner Sign-In Rosters, Official Team Log Sheets, Stage Time Sheets and Volunteer Sign in Sheets.

RULES COMMITTEE ACTION

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

1. Penalties assigned will be as published in the rule book.
2. All penalties may be appealed to the Rules Committee in the War Room by the Team Captain, Co-Captain or concerned team member.
 - a. The penalty posted will stand if there is no appeal.
 - b. Penalties set aside must have written justification on the War Room Penalty Worksheet.
3. 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.
4. Depending upon the severity of the violation, the number of repetitions, and other factors, the Team could be penalized additional (time), (UO), (DQ), or (DQI).

UN-OFFICIAL RESULTS

Un-official results, including violations and penalties will be posted at the awards area no later than 1200 hours on Sunday.

1. From 1200 to 1600 T/C may challenge a penalty. This is the last chance for a Team Captain to challenge the penalty or validity of the results.
2. Challenges to the Rules Committee must be made as soon as it is posted.

OFFICIAL FINISH LINE TIMES

At 1700 hours, final results will be printed, posted and will be the Official Finish Times.

8 - COURSE DESCRIPTION ~ 2011

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).

Leg 1 5.4 Miles Difficulty 12

474' Start Finish at 474' Flat with slight declines then at 4-mile point a gradual incline until 4.5 mile then .8 mile downhill.

Leg 2 4.0 Miles Difficulty 16

474' Start Finish 470' The first mile is slight downhill. The next 3.0 miles are flat.

Leg 3 4.2 Miles Difficulty 8

470' Start 1m 590, 2m 746, 3m 935, 4m 1137, F 1168' This is a strenuous climb. Combine with any wind and heat can be very tough. Begins the climb up Ibx Pass.

Leg 4 5.1 Miles Difficulty 6

1168' Start 1m 1403, 2m 1650, 3m 1912 3.5 2090, 4m 1970, 5m 1886. This leg continues the climb to Ibx pass. There are 3.5 miles of steep uphill before reaching the top at 2,090 feet. The last 1.6 miles are all downhill.

Leg 5 6.1 Miles Difficulty 20

1186' Start 1m 1774, 2m 1636, 3m 1530, 4m 1434, 5m 1376, 6.1m 1319. 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.

Leg 6 6.1 Miles Difficulty 9

1319' Start 1m 1340, 2m 1396, 3m 1399, 4m 1426, 5m 1482, 6.1 1528. This leg is fairly flat with the last 3 miles of rolling hills ending just before the town of Shoshone. At 1.7 miles, a road enters from the right stay on Highway 127.

Leg 7 6.2 Miles Difficulty 3

1528' Start 1m 1560, 2m 1624, 3m 1870, 4m 2159, 4.7m 2390, 5m 2345, 6.2m 2143. Fairly flat until 1.5 miles where the uphill begins. The gradual incline soon becomes a very arduous hill, topping out at 4.7 mile mark. The leg finishes with 1.5 miles of downhill. The leg begins about .7 miles south of the intersection of Highway 127, and SR 178 at Shoshone. Turn right onto SR 178.

Leg 8 6.6 Miles Difficulty 5

2143' Start 1m 2111, 2m 2143, 3m 2211, 4m 2274, 5m 2376, 6m 2566, .6m 2664. 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 the 3 mile point. It climbs steadily and becomes even more difficult the last 1.6 miles.

Leg 9 7.5 Miles Difficulty 7

2664' Start 1m 2730, 2m 2850, 3m 2816, 4m 2706, 5m 2587, 6m 2476, 7m 2494, .5m 2536. This leg starts with .5m downhill then .5m uphill. The remainder of the leg is along a gradual descent. The leg finishes with a very short uphill to the handoff .3 mile past Cal/Nev Stateline.

Leg 10 5.8 Miles Difficulty 15

2436' Start 1m 2518, 2m 2533, 3m 2554, 4m 2564, 5m 2585, .8m 2606. This leg is slight uphill. It takes the runner into the friendly community of Pahrump Nevada.

Leg 11 5.3 Miles Difficulty 13

2606' Start 1m 2650, 2m 2710, 3m 2720, 4m 2741, 5m 2750, .4m 2766. This leg is a slight uphill. 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!

Leg 12 4.6 Miles Difficulty 14

2766' Start 1m 2780, 2m 2775, 3m 2870, 4m 3009, .6m 3076. This is a short but steady uphill.

Leg 13 7.0 Miles Difficulty 2

3076' Start 1m 3155, 2m 3265, 3m 3368, 4m 3429, 5m 3442, 6m 3426, 7m 3370. This leg begins with a long steady incline of 5 miles. The leg then levels off with a gentle decline for the last 2 miles. Beginning with this leg the runner and the FV will use the paved shoulder lane.

Parking for support vehicles is on the Tecopa Road, south of Highway 160.

Leg 14 10.7 Miles Difficulty 1

3370' Start 1m 3326, 2m 3342, 3m 3377, 4m 3476, 5m 3602, 6m 3703, 7m 3772, 8m 3820, 9m 3930, 10m 4088, .7m 4215. This leg begins with 1 mile slight downhill and then the runner begins a steady climb toward Mountain Springs Summit. The second 5 miles is difficult due to the elevation. Stage finishes at Sandy Valley Road

Leg 15 5.5 Miles Difficulty 4

4215' Start 1m 4376, 2m 4562, 3m 4730, 4m 4940, 5.5m 5300. This leg 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. The leg ends just short of the summit at 5495 feet.

Leg 16 6.7 Miles Difficulty 11

5300' Start at .7 miles, the runner climbs to the summit at 5495', 1m 5420, 2m 5164, 3m 4805, 4m 4496, 5m 4186, 6m 3921, .7m 3760. Very fast, very steep downhill! Watch for Cattle crossing grate at 2.5 miles!

Leg 17 7.3 Miles Difficulty 10

3760' Start 1m 3557, 2m 3395, 3m 3250, 4m 3130, 5m 3020, 6m 2940, 7.3m 2842. 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 ahead. Watch for Cattle crossing grate at 2.5 miles!

Leg 18 5.7 Miles Difficulty 17

2842' Start 1m 2828, 2m 2735, 3m 2628, 4m 2578, 5m 2610, .7m 2640. This leg is flat for .4 miles and then becomes a slight incline for .2 miles. At the 1.0 mile point the leg begins a gradual downhill for 2.8 miles and then is slightly inclined for the remainder of the leg.

Leg 19 5.6 Miles Difficulty 19

2640' Start 1m 2666, 2m 2694, 3m 2587, 4m 2454, 5m 2344, .7m 2315. This leg 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. The runner and FV will then turn right and enter a coned off traffic lane. The remainder of the leg is slightly downhill.

Leg 20 4.6 Miles Difficulty 18

2315' Start 1m 2212, 2m 2148, 3m 2125, 4m 2040. This leg is flat to downhill for the first 2.0 miles, then a slight incline over the 15 Freeway. The leg then descends and passes under Las Vegas Blvd. It then inclines slightly to Paradise Road intersection where the runner and FV will be assisted in making a left. On Paradise, the runner shall use the coned off traffic lane .4 miles to the Finish Line inside the Hilton Convention Room. The FV will drive to the designated drop off area and drop of their assistant and then continue on to the parking area. **NO PARKING at the DROP OFF POINT,**

9 - MEDICAL INFORMATION ~ 2011

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. Each year we have runners go down; 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 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 and give them water. Keep them **Hydrated**.
- ❖ Abort their run if you are not satisfied with their condition. Slow them down if they show any signs of a problem. Stop them if necessary and give them water until they can continue.
- ❖ 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 certified EMT, Licensed Paramedics and Licensed Registered Nurses will be available throughout the race course and Stages to provide emergency medical 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 between Stage 5 & 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. If necessary, the Follow Vehicle should move the runner to the nearest Stage for medical treatment.
- ❖ Air evacuation will be on hand for emergencies that require immediate hospitalization.

MEDICAL PROBLEMS

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* as well as an electrolyte replacement drink periodically throughout their race.
- ❖ ~~Spraying water or pouring over the head of a hot runner will not 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 not a substitute for Drinking water.
- ❖ 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. **Lay them flat.**
- ❖ Make them sip water and douse them with water to cool them down. NO ICE
- ❖ Don't let them proceed! Put out the Alternate runner.

9 - MEDICAL INFORMATION ~ 2011

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!

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. **Disorientation = Heatstroke**
- ❖ 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 flat**.
- ❖ Re-hydrate them with small sips of water, **if they can tolerate liquids. Some maybe nauseated but either way get them medical attention at the closest Stage.**
- ❖ If immediate action is 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! **Lay them down flat!**
- ❖ Get Medical Assistance! **ASAP**
- ❖ 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!

9 - MEDICAL INFORMATION ~ 2011

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. **The test is: do they know the time, where they are, who they are or their circumstances. Should they fail any of these tests get them medical help ASAP.**
- ❖ 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.

411-SPECIAL INFORMATION ~

RACE DATE

- ❖ The **2011** Race will take place from Friday **April 16th** through Sunday, **April 18th**.

COMMAND POST AND AWARDS LOCATION

- ❖ The Awards Ceremonies will be held on Sunday, at **6:00 PM** 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 the **DECEMBER 15th** closing date.

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

The Entrance Fee is \$1900.00

Please make checks payable to:

"LAPRAAC" (*Los Angeles Police Revolver and Athletic Club*)

P O Box 861148

Los Angeles, Ca. 90086-1148

C/O Baker to Vegas Relay

TEAM CAPTAINS MEETINGS SCHEDULE

REFER TO THE
BAKERVEGAS.COM
WEB-SITE FOR
UP-TO-DATE INFORMATION
"Race Information" button

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.
- ❖ The route for last three stages: Hwy 160 left at Fort Apache north to Desert Inn east to the Hilton.
- ❖ Start times and team assignments to be published on the bakervegas.com web-site.

RACE DAY BRIEFINGS

- ❖ The TC Vegas check-in for Teams that start at 0900, 1000, 1100, 1200, 1500, 1600 & 1700 will be Friday evening beginning at 1600 in the Hilton Pavilion. The Baker TC check-in will be 0930 for team starting at 1300 & 1400 at the Baker School on Saturday morning.
 - TC will turn in the completed Team Liability Form.
 - The TC will be provided with the pre-printed Official Log Sheet to be given to the Follow Vehicle Crew.
- ❖ Follow Vehicle Drivers and Crew will attend a briefing in the Pavilion at 1830..

411-SPECIAL INFORMATION ~

ACCOMODATIONS & SERVICES

Go the WWW.BAKERVEGAS.COM [HOST HOTELS] BUTTON for information on accommodations.

THE RULES COMMITTEE

Chuck Foote	Ret. Los Angeles Police	(323) 221-5222-2	Cfoote@bakervegas.com
Ivan Ramos (Chief Judge)	Los Angeles Police	(626) 372-1320	IvanRI14@sbcglobal.net
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) 974-3446	Rmaldonado@da.lacounty.gov
Linda Diaz	LA Drug Enforcement	(213) 305-8708	Ldiaz65229@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	1999	13:10:35	LAPD	Metro Red
1986	13:26:58	LASD	SEB	2000	13:01:46	CHP	Statewide
1987	**	LAPD	Training / ASD	2001	13:03:48	LAPD	Metro Red
1988	13:00:02	LAPD	Hollenbeck Area	2002	13:12:27	LAPD	Metro Red
1989	13:12:02	LAPD	Paker Center	2003	13:24:06	SDPD	San Diego Open
1990	13:03:31	LASD	Central Jail	2004	13:22:55	SDPD	San Diego Open
1991	12:57:01	FBI	Los Angeles	2005	13:18:01	SDPD	San Diego Open
1992	12:53:37	LASD	Central Jail	2006	13:05:15	CHP	Sacramento
1993	12:42:17	LASD	Central Jail	2007	13:03:40	CHP	Sacramento
1994	12:58:48	LASD	Central Jail	2008	12:48:12	LASD	Men's Central Jail
1995	12:56:37	LASD	Central Jail	2009	12:48:46	LASD	Men's Central Jail
1996	12:41:29	LAPD	Training / ASD	2010	12:53:02	LASD	Men's Central Jail
1997	13:12:37	LAPD	Training / ASD	2011			
1998	13:40:23	LAPD	Metro Div	2012			

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

REFER TO THE BAKERVEGAS.COM WEB SITE FOR COMPLETE RESULTS.