B2V Runner Survival Guide

The Week Before the Race:
It's important to hydrate all week long. The morning of the race is too late to get your body ready for competition! Hydration is especially important for day-shift runners (~Legs 1-8*)
*Assume that it will be very hot (at least 90+) when you run.

In tapering down, make sure you give your body plenty of time to rest, recover, and restore its glycogen levels. That doesn't necessarily mean taking multiple days off, but just lower the intensity and total volume. Sometimes a short easy run followed by a few quick strides will make you feel better, and/or calm nerves, as opposed to simply taking the day(s) off completely. Those of you with your own regiment, please stick to what works best for you.

Two Nights Before the Race:
This is the most important night to "carb-load," and get rest. Eat a high-carb dinner tonight. Pasta is the "traditional" choice to fill up your tank (just no Fettuccini Alfredo!). Also, avoid any and all greasy, fried foods. This is also the most important night to get some quality sleep – AT LEAST 8 hours.

The Night Before the Race:
Tomorrow will be a busy day. Make sure everything is ready to go tonight to avoid added stress the next day. A driver's license/ID (or photocopy) is required to check-in at your leg and obtain your race bib. Additionally, make sure you have '*ready to go*' your directions to your leg, shoes, sun screen, water/hydration supplies, etc.! Also, know your health care provider info for check-in!

**Do not experiment with new foods this night! Stay consistent with your meals in order to avoid stomach illness/upset stomach. ABSOLUTELY NO ALCOHOL BEVERAGES!!

The Day of the Race:
Eat a mild breakfast, lunch, and dinner (meal times will depend on when you are scheduled to run). Avoid citrus and dairy as they may upset your stomach. Continue to drink water and avoid fried foods. You are encouraged to give yourself at least 2 hours in between your last meal and your run.

***If you are scheduled to run Leg 13 or later, consider a short "shake out" run in the morning of approximately 10 minutes followed by a few easy strides and maybe even a 10 minute ice bath!

Plan to arrive at your leg and check-in **at least one hour** prior to your estimated start time. Keep in mind **traffic will be very heavy on the course** - plan accordingly. Call or text the Command Post often, to check status on how the Team is doing in comparison to estimated times. You may have to leave for your Leg earlier than expected if we are running FAST (or '*ahead of schedule*' in non-symbolic terms).

Most importantly: HAVE FUN and ENJOY THE SPIRIT OF THE RACE!!

2016 Runner Rules:

http://bakervegas.net/wp-content/uploads/2014/07/Chap4-2016.pdf