

B2V Follow-Van Survival Guide



The Night Before the Race:

- Make sure you watch the Follow Van crew videos and review the online information about rules and expectations, runner safety, etc.
- Tomorrow will be a fun and busy, but long, day. Make sure all of your personal belongings are **READY TO GO** to avoid added stress on race day. This is especially true for the Legs 1-6 F/V crew because you'll be departing Vegas almost immediately after the Team Meeting.
- It is recommended that you bring a lunch, drinks, and snacks in a small lunch-size cooler. Get your items for your lunch and snacks during the night before (for Legs 1-6 & 7-12).
- Additionally, make sure you prepare to dress appropriately. It could potentially be VERY hot for the day-shift crews and very cold for evening-shift crews (especially when the windows are down and the sliding side-door is open to communicate and hydrate the runner).

The Day of the Race:

- Follow-van support staff will be briefed Saturday morning at **0730 HOURS** by myself and **Communications and Follow-van Director Le Fields**, at the Residence Inn Marriott located at 3225 Paradise Road (same location as the Team Meeting at 0800 hours).
- Eat a mild breakfast, lunch, and/or dinner (meal times will depend on when you are scheduled to work). Avoid citrus and dairy as they may upset your stomach. Continue to drink water. Although there are portable toilets at each leg, as well as a few along the course, it could take a long time to arrive to each one. The van will have a limited supply of the camping-style toilet bags for emergencies, but you are encouraged to bring your own just in case.
- Be on time to the team hotel Command Post room for **CHECK-IN** (times vary per Follow-van team). Keys, as well as Gas and Ice money, for the transportation vehicle will be at the Command Post (Residence Inn Marriott – Room #TBD). Please be sure to return it with a full tank along with a bag of ice or two if needed.
- Be sure to read the follow-vehicle rules. A link is provided below.
- Most importantly: **HAVE FUN and ENJOY THE SPIRIT OF THE RACE!!**

Follow-Van Rules and Information:

<https://bakervegas.net/team-captains/follow-vehicle-information/>

https://www.youtube.com/watch?v=0YK_0IjAboI