

## **B2V Follow-Van Survival Guide**



### **The Night Before the Race:**

- There is a mandatory Follow-van support staff meeting, held by B2V Officials on Friday night at **1830 hours** (~45 minute meeting) at the **Westgate Hotel** located at 3000 Paradise Road. There are numerous course changes this year; all NEW and Returning Drivers/Observers are encouraged to attend. If you are unable to attend, please let me know ASAP.
- Tomorrow will be a long, busy day. Make sure all of your belongings are ready to go to avoid added stress on race day. This is especially true for the Legs 1-5 F/V crew because you'll be departing Vegas almost immediately after the Team Meeting.
- It is recommended that you bring a lunch, drink, and snacks in a small lunch-size cooler. Get your items for your lunch and snacks on the night before (Legs 1-5 & 6-10).
- Additionally, make sure you prepare to dress appropriately. It could potentially be very hot for the day-shift crews, and cold for evening-shift crews.

### **The Day of the Race:**

- Follow-van support staff will be briefed Saturday morning at **0715 hours** by **Communications and Follow-van Director Le Fields** at the Residence Inn Marriott located at 3225 Paradise Road (same location as the Team Meeting at 0745 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, 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 for Check-In. Keys, and gas/ice money, for the transportation vehicle will be at the Command Post (Residence Inn Marriott – Room #TBD)
- 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-vehicle Rules:**

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