

# 1 - CHALLENGE CUP RELAY

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## THE CHALLENGE CUP

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The Challenge Cup Relay, *the largest and most unique law enforcement race in the World*, 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 to maximum of 215 teams, however; selection is at the sole discretion of the Race Committee. The closing date for 2003 applications is January 31, 2003.

- |                 |  |
|-----------------|--|
| 1. Open         | Any Gender Any Age   |
| 2. Mixed        | A minimum of 5 Female runners  |
| 3. Women        | Only Female runners  |
| 4. 800          | Ages of runners must total 800 years or more                                     |
| 5. 300          | Agencies with 300 or less sworn personnel  |
| 6. 150          | Agencies with 150 or less sworn personnel  |
| 7. 99           | Agencies with 99 or less sworn personnel   |
| 8. Station      | Geographic Stations within selected agencies {LAPD, LASD, San Diego PD, Etc}     |
| 9. 800 Mix      | <i>Ages of runners must total 800 years and contain minimum 5 female runners</i> |
| 10. 1000        | Agencies with 1000 or less personnel   |
| 11. Inv {*}     | Invitational - Civilian & Sworn members of the Criminal Justice System.          |
| 12. Inv Mix {*} | Same as 11 but with a minimum of 5 Females.                                      |
| 13. Guest       | An Invited Team with Unknown Ability   |

(\*) All categories EXCEPT these must be all SWORN Peace Officers.

## AWARD CATEGORIES

## RELAY HISTORY

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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 2002, the Eighteenth Annual Challenge Cup Relay accommodated 203 teams including the NYPD. 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 runners the world has to offer.

## CHALLENGE CUP WINNERS

|      |          |      |                 |      |          |      |              |
|------|----------|------|-----------------|------|----------|------|--------------|
| 1985 | 14:16:57 | LAPD | Central Area    | 1994 | 12:58:48 | LASD | Central Jail |
| 1986 | 13:26:58 | LASD | SEB             | 1995 | 12:56:37 | LASD | Central Jail |
| 1987 | **       | LAPD | Train/ASD       | 1996 | 12:41:29 | LAPD | Train/ASD    |
| 1988 | 13:00:02 | LAPD | Hollenbeck Area | 1997 | 13:12:37 | LAPD | Train/ASD    |
| 1989 | 13:12:02 | LAPD | Parker Center   | 1998 | 13:40:23 | LAPD | Metro Div    |
| 1990 | 13:03:31 | LASD | Central Jail    | 1999 | 13:10:35 | LAPD | Metro Red    |
| 1991 | 12:57:41 | FBI  | Los Angeles     | 2000 | 13:01:46 | CHP  | Statewide    |
| 1992 | 12:53:37 | LASD | Central Jail    | 2001 | 13:03:48 | LAPD | Metro Red    |
| 1993 | 12:42:17 | LASD | Central Jail    | 2002 | 13:12:47 | LAPD | Metro Red    |

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

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## CHALLENGE CUP RECORD HOLDERS MEN'S DIVISION

| Stage | Miles | Team Name            | Runners Name | Time  | Rate | Year   |
|-------|-------|----------------------|--------------|-------|------|--------|
| 1     | 3.7   | San Bern Sd – Open   | Younkman, P  | 22:41 | 6:07 | 2002   |
| 2     | 4.7   | DEA – LA             | Diedrich, S. | 28:12 | 5:59 | 2001   |
| 3     | 8.2   | LA County Probation  | Mojarro, G.  | 45:10 | 5:38 | 2001   |
| 4     | 5.1   | ASD/Training LAPD    | Adler, T.    | 32:50 | 6:34 | 1996   |
| 5     | 6.0   | San Diego PD         | Vega, D.     | 34:36 | 5:46 | 1991   |
| 6     | 6.1   | Orange Co. Judges    | Morse, T.    | 36:13 | 6:02 | 1993   |
| 7     | 6.2   | LA County Probation  | Mojarro, G.  | 36:34 | 5:53 | 1999   |
| 8     | 7.3   | LA County Probation  | Mojarro, G.  | 38:11 | 5:13 | 1995   |
| 9     | 6.8   | LA County Probation  | Mojarro, G.  | 37:15 | 5:28 | 1997   |
| 10    | 5.8   | LA Marshals          | Filipi, T.   | 35:30 | 6:13 | 1993   |
| 11    | 5.3   | Metro Red LAPD       | Buttitta, C  | 35:58 | 6:47 | 2002   |
| 12    | 4.7   | MCJ/IRC Open LASD    | Gallagher, T | 30:58 | 6:43 | 1998   |
| 13    | 7.0   | LA County Probation  | Mojarro, G   | 35:37 | 5:09 | 1998   |
| 14    | 5.4   | LA County Lifeguards | Murquia, C   | 36:29 | 6:45 | 2002   |
| 15    | 5.7   | MCJ                  | Tello, C     | 39:22 | 6:54 | 2002   |
| 16    | 5.0   | LA County Probation  | Mojarro, G   | 30:51 | 6:10 | 2000   |
| 17    | 6.8   | LA County Probation  | Mojarro, G   | 35:06 | 5:09 | 2002   |
| 18    | 6.7   | DEA - LA             | Schmidt, S   | 36:31 | 5:27 | 1999   |
| 19    | 7.4   | NYPD                 | Hansler, W   | 39:13 | 5:17 | 2002 * |
| 20    | 6.1   | Reno/Washoe County   | Fretz, M     | 34:08 | 5:35 | 2002 * |

\* Mileage changes

## WOMEN'S DIVISION

| Stage | Miles | Team Name                 | Runners Name  | Time  | Rate | Year   |
|-------|-------|---------------------------|---------------|-------|------|--------|
| 1     | 3.7   | IRS-CID Treasury Dept.    | Peterman, Z.  | 26:03 | 7:02 | 2001   |
| 2     | 4.7   | LA District Atty.         | Brougham, C.  | 31:09 | 6:37 | 2001   |
| 3     | 8.0   | Orange County Sheriff #2  | Curl, S.      | 58:23 | 7:17 | 2000   |
| 4     | 5.1   | Women LASD                | Chamberlin    | 39:53 | 7:58 | 1992   |
| 5     | 6.0   | Women -San Diego PD       | Custer, F.    | 38:43 | 6:27 | 2000   |
| 6     | 6.1   | MTA                       | Macias, F.    | 41:33 | 6:55 | 1996   |
| 7     | 6.2   | FBI - LA - 800.           | Collas, N.    | 44:13 | 7:07 | 1995   |
| 8     | 7.3   | FBI - Women               | Collas, N.    | 50:40 | 6:56 | 2000   |
| 9     | 6.8   | FBI - LA Mixed            | Collas, N.    | 44:08 | 6:29 | 1996   |
| 10    | 5.8   | Fremont P.D.              | Petersen, K.  | 41:51 | 7:12 | 2001   |
| 11    | 5.3   | Reno/Washoe County        | Hedgcorth, W. | 38:29 | 7:15 |        |
| 12    | 4.7   | Stockton Area PD          | McGee, M.     | 33:16 | 7:04 | 1999   |
| 13    | 7.0   | Newport Beach P.D.        | Varela, H.    | 51:10 | 7:18 | 2001   |
| 14    | 5.4   | Navajo Dept Law Enforce   | Keeto, C.     | 40:18 | 7:27 | 2001   |
| 15    | 5.7   | Women- FBI                | Collas, N.    | 41:02 | 7:11 | 2001   |
| 16    | 5.0   | Women - FBI               | Lewis, C.     | 42:59 | 8:35 | 2000   |
| 17    | 6.7   | West Valley Station       | Reade, V.     | 42:05 | 6:16 | 1999   |
| 18    | 6.7   | Stockton Area Pd          | Orman, L.     | 42:26 | 6:19 | 1998   |
| 19    | 7.4   | Orange County Sheriff Inv | Curl, S.      | 49:08 | 6:38 | 2002 * |
| 20    | 6.1   | LAPD-Women                | Miyakawa, M.  | 42:25 | 6:57 | 2002 * |

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## CATEGORY WINNERS and RECORD HOLDERS

| Cat.         | CATEGORY WINNERS 2001 |          | RECORD HOLDERS       |          |      |
|--------------|-----------------------|----------|----------------------|----------|------|
|              | Team Name             | Time     | Team Name            | Time     | Year |
| Open         | METRO LAPD            | 13:12:47 | ASD/Training         | 12:41:29 | 1996 |
| Mixed        | Stockton Area         | 14:12:44 | ASD/Training         | 13:46:20 | 1994 |
| 99           | Tustin P.D.           | 17:19:35 | Orem Dept. of Safety | 15:05:03 | 2001 |
| 150          | Orem Dept. of Safety  | 14:59:11 | Orem Dept. of Safety | 14:59:11 | 2002 |
| 300          | Fremont PD            | 14:57:26 | Salt Lake FBI        | 14:05:56 | 1993 |
| 1000         | FBI- Los Angeles      | 13:30:02 | FBI – Los Angeles    | 13:30:02 | 2002 |
| 800          | SEB LASD              | 13:14:20 | SEB LASD             | 13:08:09 | 2001 |
| STA          | East LA Station LASD  | 14:16:01 | Lakewood LASD        | 14:06:28 | 1996 |
| Women        | Women - LAPD          | 15:50:39 | LASD Women           | 15:35:50 | 1991 |
| InvMix       | LA Dist. Atty.        | 15:42:51 | LA Dist. Atty.       | 15:39:25 | 2001 |
| Guest        | NYPD                  | 13:47:20 | Great Britain Police | 12:58:21 | 1998 |
| Invitational | LA County Lifeguards  | 14:47:50 | LA County Lifeguards | 14:42:35 | 2001 |

### THE COURSE

The Challenge Cup starts 21 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 finish line is located at the Silverton Hotel. 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 Ibx 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.

### 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.

### THE RULES COMMITTEE

|   |   |   |
|---|---|---|
| Tony Adler (Chairman)<br>Officer LAPD<br>(323) 221-5222-ext.218 | Chuck Foote<br>Retired LAPD<br>(323) 221-5222 ext.220 | Larry Moore<br>Retired LAPD<br>(323) 221-5222 ext.221 |
| Jim Katapodis<br>Sergeant -LAPD<br>(310) 342-3033               | Chuck Folkes<br>Reserve LAPD<br>(818) 342-6478        | Frank Reilman<br>Burbank P.D.<br>(818) 238-3242       |
| Ruben Holguin<br>Sergeant – LAPD<br>(213) 485-4022              | Mike Graham<br>Retired Chief LASD<br>(310) 291-3884   | George Beck<br>Retired LAPD<br>(310) 548-5061         |

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The Rules Committee has appointed Tony Adler 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. They may handicap teams by restricting their selection pool of runners, selective invitation, or denial of participation for specific reasons.

The committee is responsible for developing and enforcing the rules in a manner to promote a safe and competitive race. 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.

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.

### **RACE OFFICIALS**

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#### *USA TRACK & FIELD OFFICIALS*

These officials will authenticate the start and finish times of all participating teams.

#### *STAGE DIRECTOR*

Each Stage point has a person appointed as responsible for maintaining and enforcing the race rules. Specifically, they are to assure that all vehicles and pedestrians in, or about, the stage point comply with all of the rules. Each *STAGE DIRECTOR* will have a staff of volunteers, provided by each of the teams, to assist in the orderly operations of the stage point. The *STAGE DIRECTOR* 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 Time Keeping. The times recorded by these officials are used to generate the final Challenge Cup Report depicting the individual runner and the team statistics.

#### *RV SUPPORT GROUP*

The RV Support Group 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 Timing Officials to set-up and function. The RV Support Group 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.

# 1 - CHALLENGE CUP RELAY

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## **CHALLENGE CUP MOTORS**

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The Race Committee has appointed a group of Motors as Officials, to patrol the course to assure that all vehicular and pedestrian traffic complies with the rules. Their goal is to keep this a safe and enjoyable race for everyone. They will make Official written notice of all infractions and will submit them to the Race Committee for penalty assessments.

## **MEDICAL**

Volunteer 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 trailer located near stage 3. Ground ambulance services will be provided for those who require transportation to a hospital.



## 2 - RACE INFORMATION

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### RACE DATE & LOCATIONS

The 2003 Race will take place **April 12 & 13, 2003**. The Race will begin just north of Baker, California, approximately 200 miles northeast of Los Angeles, located on Interstate 15 between Barstow, California and Las Vegas, Nevada.

The Finish Line will be located at the Silverton Hotel. It is estimated that the first runner will finish about 7:00 AM on Sunday April 13th. The *Finish Line Command Post* will be in the hotel.

The Awards Ceremonies will be held on Sunday, at 7:00 PM in the Las Vegas Hilton Hotel Convention Room.

### 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 11:30 AM. Special provisions are made for Teams located a great distance from Los Angeles.

Meeting Schedule

September 18, 2002

October 16, 2002

November 13, 2002

**New Team Captains January 8, 2003**

January 8, 2003

February 19, 2003

March 19, 2003

### FORMS AND FEES

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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 is \$ 1400.00:**

The Entrance Fee & the Team Volunteer form must be submitted no later than January 31, 2003 or the limit of 215 teams is reached. The fee is non-refundable after the closing date. **Please make checks payable to "LAPRAAC" (Los Angeles Police Revolver and Athletic Club)**

## RACE DAY BRIEFINGS (\*\*)

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Two final briefings for Team Captains, Assistants & **ALL** Follow Vehicle Drivers & Crews, will take place as below. It is mandatory that teams attend their scheduled meeting. **Final** Run Plans shall be submitted at one of these briefings. A Final Run Plan is mandatory even if NO changes are required. Non compliance will be a violation of Rule 3.1.a. {Team declared Un Official}

1. All teams will be assigned a Team captain's briefing to attend.
2. (\*\*) Friday April 11<sup>th</sup> 5:00 PM. Final Run Plans are due at the Las Vegas Hilton Hotel Convention Room. Team Captains meeting will follow at 7:00 PM sharp along with a Mandatory meeting for **ALL** Follow Vehicle drivers and crews. Teams assigned to the late starts shall check in at this briefing. If you don't check in at this meeting, then the Baker meeting is mandatory!
3. (\*\*) Saturday April 12<sup>th</sup> 10:30 AM Final Run Plans due at Baker High School. Team Captains meeting will follow at 12:00 noon sharp along with a Mandatory meeting for **ALL** Follow Vehicle drivers and crew.

## 2 - RACE INFORMATION

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### STARTING TIMES

In order to assure the safety of the race participants as well as that of all the others on the highway, the race will have **FIVE** start times. The relay flights will start exactly at the scheduled time. There will be a 20-minute countdown and a final briefing for all leg #1 runners of each flight. No Exceptions! {Refer to Rule 3.2}

### MOTOR HOMES

Motor homes will not be permitted on the active race course between sunset and sunrise. During these hours, they must be parked in a designated area.

With the exception of the officials, Motor homes will not be allowed to park on the Race Course! Motor homes shall NOT be used as a follow vehicle or runner shuttle (to or from a relay point). Motor homes must be prominently marked with the team name and number.

\*\*\*\*Exception\*\*\*\*

Motor Homes will be permitted to travel *southbound* (Towards Baker) on the Race Course after the stages have been closed to the immediate south. All subsequent stages will be closed at intervals of one hour. Motorhomes will be allowed to drive Eastbound towards Las Vegas on Highway 160 (Four lane roadway) during the active race. Team Captains; inform your Motor Home users of this rule. Violators will receive a penalty that will be applied to the team they represent.

|   |   |
|---|---|
| Baker High School<br>Shoshone   | In posted Areas.<br>Limited Facilities.<br>!!! NO PARKING ON AIRSTRIP !!! |
| Pahrump   | Numerous locations. With Hookups<br>Parking is NOT a problem.             |
| Tacopa Hot Springs Road<br>Paved road, Ten miles east of Pahrump.<br>Stage 16 | Sandy Valley Road. Plenty!  |

## 2 - RACE INFORMATION

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### ACCOMMODATIONS & SERVICES

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Host Las Vegas Hilton Hotel (702) 732-5111 **\$99.00 /night** CODE: **Baker to Vegas**  
Riviera Hotel (800) 634-6753 **\$79.00 /night** CODE: **Baker to Vegas Challenge Cup**  
New Frontier Hotel (800) 634-6966 **\$54.00 /night** CODE: **Baker to Vegas Challenge Cup Relay**  
Marriott/Las Vegas Family Suites(800) 583-0079 **\$99.00 /night** CODE: **Baker to Vegas Group**  
"Official vehicle rental" Budget (800) 922-2899 **Linda Deems or Brian Singleton**

Should you choose to make accommodations at a hotel other than those on the handout, PLEASE fax the Name of the Hotel, Number of Rooms and Duration of Stay. This information will be used in the final report concerning our overall economic impact in Las Vegas.

### AWARDS CEREMONY

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The Awards Ceremony will be held at **7:00 PM** at the Las Vegas Hilton Hotel Convention Room.

1. Each and every team will receive a commemorative plaque noting their finish place.  
Awards will be available for pickup after 7:00 pm.
2. Commemorative mugs, 24 per team, will be awarded to the top contenders of each category.  
Awards will be available for pickup after 7:00 pm.
3. The overall champions will be awarded 21, handmade, sterling silver belt buckles, a value in excess of \$2800.
4. The overall champions are awarded THE CHALLENGE CUP perpetual trophy. In addition, a trophy will be awarded to each of the other Category winners. The Challenge Cup perpetual trophy must be returned to the Race Committee prior to the following year's race.

## 3 - GENERAL RULES

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### GENERAL INFORMATION

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The magnitude and logistics of the Challenge Cup Relay require that ALL participants involved in this race, whether *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 over years of experience. The continuation of this race, upon the roadways of California and Nevada, demand that our rules apply to all participants and be vigorously enforced. Local law enforcement, race officials, assigned officers, and volunteers will monitor the race. 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 to the Stateline **WILL NOT BE CLOSED FOR THE RACE**. Local residents and campers will be using the highway in addition to our vehicles, so be careful! Remember, we are guests of the desert community, please respect the residents rights to a safe highway. Obey all race rules! The California Department of Transportation and the local Law Enforcement personnel, who will issue Race citations for traffic infractions, will monitor our vehicle/pedestrian traffic throughout the race. Police all trash. Let's leave the desert better than we found it!

Protests or complaints of suspected infractions shall be written and turned into the Race Committee. The complaint shall be submitted to the *Stage Director*, at the next Exchange Point, or directly to a Race Official at the finish line prior to the official closing of the race at 3:00 PM {See: 3 - General Rules}. Protests after closure will NOT be accepted or considered.

The Race is **Officially** over at 1500 hours (3:00 PM). Teams **Not Finished** by that time will be declared **Unofficial** and times will NOT be entered. Runners may continue to run but the Team Support personnel shall assume ALL responsibility for following them to the Finish Line and rendering any required emergency aid.

**Rule # 1** Organizations having over 300 personnel may have an organization wide team provided they do not use personnel from subdivisions of that organization that have a team.

**Rule # 2** All new teams entering the race for the first time, who do not meet the existing rules for competition (i.e. 150, 99, etc.) will be placed in the Guest Category and reviewed for the following year.

**Rule # 3** 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 there own.

**Rule # 4** Each year following the race, the Rules Committee will review the top ten finishing teams to assure rules compliance for the next year.

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## 3 - GENERAL RULES

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### PENALTIES

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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. Refer to Chapter 7 - PENALTY PROCEDURES.

|          |  |
|----------|--|
| PT.(5)   | A Penalty of 5 minutes will be added to team finish time.                |
| PT.(UO)  | Team is Unofficial (Last Place). Individuals recognized for records.     |
| PT.(DQ)  | Team is Disqualified. Team members Not recognized for records or awards. |
| PT.(DQI) | Same as above with the Immediate Removal from the Race.                  |

### BASIC RULES

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#### *1 RUN PLAN & Race Day Briefing (\*\*)*

Teams will be allowed only 20 runners and 10 alternates on their team Run Plan. The Team Run Plan shall be submitted to the committee on **April 2, 2003** using a copy of the Official 2003 form. Refer to the Special Handout for Run Plan submissions and more detailed information.

- a. Team Captains or Co-Captain shall check in with the Registration Officials at one of the Race Day Briefings to confirm their Final Run Plan. (Even if there are NO changes!)

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

- b. To permit reasonable last minute contingency changes, the Team Captain may make a maximum of 3 changes at the Final Race Briefings without penalty. {Refer: Rule 6.11}

***Pt.(30)***                      ***For making more than 3 changes.***

- c. Any substitution in the field shall be in accordance with the rules in Chapter 4.

***Pt(UO)***

- d. Run Plans submitted after the due date will be penalized for late submission.

***Pt.(5)***                      ***For Each Day Late.***

#### *2. RACE START TIME*

The Race will start on time! Team Captains shall have their starting Runner report to the Start Line Registration Table and sign 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, 20 minutes prior to the start gun.

***Pt.(5)***                      ***For Late check in or for missing briefing.***

## 3 - GENERAL RULES

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### 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 Director or representative*.

**Pt.(n)**      *Penalty for reporting late. A 5 Minute penalty will be assessed for each 15 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 Stage Director.*

### 4. **TEAM CATCHER**

Each Team shall provide support personnel described as a "Team Catcher". This person shall be responsible for assisting the incoming Runner, at each exchange point including the Finish, to exit the handoff zone safely and expeditiously. This person shall wear a reflective vest with the Team Number displayed front and back.

**Pt.(5)**      *For NO Catcher or NOT assisting Runner at each Exchange Point.*

### 5. **ALCOHOL**

The consumption and or open container of ANY alcoholic beverage in public view, or in a vehicle, by a runner, support personnel, or others attached to this race in any manner is prohibited. This rule applies to Runners, Spectators, Support personnel and all persons attached to this race in any fashion.

**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.(DQ)**      *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 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.*

### 3 - GENERAL RULES

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#### **9. START LINE RUNNER DROP ZONE**

A small marked area has been provided *South* of the Start Line for dropping off Runners. Drivers shall NOT remain in this area for more than 1 minute, **and shall remain in the vehicle at all times.**

***Pt.(5)***

***For each infraction.***

#### **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*. Suggest the use of removable White Shoe Polish.

***Pt.(10)***

***For unmarked vehicles.***

#### **11. STAGE 20 INFORMATION**

Special handout reference map

***Pt(5)***

#### **12. FINISH LINE CLOSURE (\*\*)**

The Race is OFFICIALLY over at 1500 hours (3:00 PM). Teams NOT FINISHED by that time will be declared UNOFFICIAL and times will NOT be entered. Runners may continue to run but the Team Support personnel shall assume ALL responsibility for following them to the Finish Line and rendering any required emergency aid.

***Pt(UO)***

***For not finishing by 3:00 PM.***

## 4 - RUNNERS RULES

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The Challenge Cup Relay Rules will be strictly enforced and if violated, could cause the Team to be penalized or disqualified from the race. It is suggested that the Team Captain duplicate this section and give a copy to each Team Member. All rule violations and warnings will be reviewed by the Race Committee for appropriate action.

### 1. STAGE CHECK IN

All Runners shall complete check in with the Good Sams', at there assigned stage prior to taking the handoff. The Runner shall present their Official ID {Or Copy} and obtain their Bib Number. They shall fill in the required medical information per {Rule 4.6}.

**Pt.(5)** *Penalty for failure to check in.*

### 2. ALTERNATE RUNNER SUBSTITUTION (\*\*)

Should a Scheduled Runner fail to appear for their *scheduled* leg, an Alternate Runner may substitute *Without* penalty. The alternate runner shall check in with the Good Sams & obtain a WHITE bib number PRIOR to taking the handoff {Rule 4.1} The Alternate shall Print their name, Initial, and gender, in the Alternate Column. The *scheduled* runner may NOT run any other leg. ( See Rules 3&4 below)

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

**b. Pt.(10)(\*\*)** *Penalty for Running with YELLOW (Downed Runner) bib.*

### 3. UNAUTHORIZED SUBSTITUTION

Each Runner shall run the leg as assigned on the *Final Team Run Plan* and shall not run any other leg. Switching assigned Runners positions in the field to cover a logistic problem is considered an Unauthorized Substitution. *Moving a Runner from an assigned leg to Alternate and then to a different leg is a penalty!*

**Pt.(UO)** *Team is declared Unofficial.*

### 4. DOWNED RUNNER REPLACEMENT(\*\*)

If a Runner cannot complete their assigned leg, only an Alternate Runner (wearing a YELLOW bib) may pick up the baton and complete the leg. The Alternate Runner will NO LONGER be required to sign in with the RV Support Group at the completion of the leg. The Alternate shall not run any other leg per Rule 5.

The Follow Vehicle Timers shall Print the Name of the Alternate and print **DR@** flag in the margin of the Official Time Sheet. These sheets will be compared with the Official Stage Time Sheets.

{Note penalty b.}

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

**b. Pt.(10)(\*\*)** *Failure of FVTimer to print Name or Alt@ on FV Time Sheet!*

### 5. RUNNING MULTIPLE LEGS

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

**Pt.(UO)** *Team will be declared Unofficial.*

## 4 - RUNNERS RULES

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### 6. **BIB - MEDICAL INFORMATION -**

To expedite the Stage Check in procedure every runner shall:

1. **“IN ADVANCE”**, complete the medical information label (mil).
2. Present the ‘MIL’ and Police Id(Clear - photo copy ok) card to the check in officials.
3. Upon receiving bib numbers(from check in), place ‘MIL’ on back of bib number.

Note: “MIL’ shall be completed with all information or runner will not be permitted to run.

**Pt.(5)**

**Penalty for running without bib information.**

### 7. **BIB NUMBER DISPLAY(\*\*)**

Assigned Runners and Alternates shall obtain their Bib Number from the Good Sam's at their assigned Stage. **Downed Runner Alternates will obtain their YELLOW number from their Team Captain.** The number shall be worn on the front chest area exception Runner # 1 and # 2 shall have front and back number. Any other location is an infraction. If the Runner covers up due to cold or inclement weather, the number shall be moved to the front of the outer garment. Do not trim or alter the number in any fashion.

{Ref to Rules 4.2 & 4.4}

**Pt.(5)**

**Penalty for each infraction.**

### 8. **RUNNERS CLOTHING**

When the temperature exceeds 79 f, The Runner shall wear only approved head covers {White hats or open head visors}. All runners shall wear upper body cover (t-shirt, singlet). No one shall wear sweat pants or tights when temperatures exceed 79 f. ALL Runners running in darkness (Hours to be designated later) shall wear reflective vests to be provided by their Team.

a. **Pt .(UO)**

**Penalty for wearing Unauthorized head cover.**

b. **Pt .(DQ)**

**For wearing sweats or tights.**

c. **Pt .(5)**

**For each required Runner Not wearing a reflective vest.**

### 9. **BATON**

Each runner must use the Official Baton provided at the Start Line. 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.

**Pt.(5)**

**Penalty for failure to hand carry.**

**Pt.(DQ)**

**For Unauthorized possession by others.**

### 10. **BATON HAND OFF**

The waiting Runner shall NOT take the handoff in front of the handoff line.

**Pt.(5)**

**Penalty for handoff before the handoff line.**

### 11. **WARM UP**

All Runners warming up on the highway, during the hours of darkness, shall be required to wear a reflective vest and have a lighted flashlight in their possession.

***Pt. (5)            Penalty for each infraction.***

## 4 - RUNNERS RULES

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### **12. 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 dogs** are allowed to run with relay member.

***Pt. (DQ) Team will be Disqualified.***

### **13. 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.

***Pt. (5) For each infraction.***

### **14. RUNNER ASSISTANCE VEHICLES**

Only Official Follow Vehicle may follow the Runner. If individual drivers are absolutely necessary, then they shall proceed directly to the stage location and park. They shall NOT follow the Runner.

***Pt. (UO) For each infraction.***

### **15. RUNNER DELAY**

Runners delayed by an unusual event will have their time adjusted by the length of the delay. The Follow Vehicle will make a notation, at the bottom of the time sheet, of the actual minutes and seconds of delay. These figures will be compared with the Official stationed at that location.

### **16. FRIENDLY ADVICE to RUNNERS**

Drink plenty of water. Don't just pour it on your head! When you run in the desert, the sweat evaporates faster than normal, so you don't realize that you are losing so much water. It's better to Drink it instead of having the Medics pump it into your arm! Stoke up on water Before you run.

### **17. START LINE RUNNERS**

- **Runners shall be located at Start Line 30 minutes prior to Start Times for roll call, Baton issue and additional instructions.**

**Pt (5)**

- **Runners shall be located on Highway 127 at Start Line 15 minutes prior to Start Time for Final Instructions and Roll call.**

**Pt (5)**

## 5 - TEAM VEHICLE RULES

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All vehicles rules will be strictly enforced. For purposes of the rules, all 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 thereof.

### FOLLOW VEHICLES

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#### 1. VEHICLE REGISTRATION & INSPECTION

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



***Pt.(DQ)***                      ***Shall Pass or Team NOT allowed to participate***

#### 2. RUNNER SIGNS

All Follow Vehicles shall display a "Caution Runner Ahead" sign (**MAYBE PROVIDED**). It should be at least 36 inches by 12 inches with red letters on white background. 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 Rotating or Strobe Light mounted on top of the vehicle so as to be visible for 360 degrees. No Blue lights.

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

#### 4. BRIEFING

All Follow Vehicle Drivers and Alternates shall attend the special briefing as noted in Chapter 2 - RACE

DAY BRIEFINGS.

***Pt.(DQ) Team Disqualification for non-attendance.***

**5. FOLLOW VEHICLE STAGING AREA (\*\*)**

All Follow Vehicles will report to the Staging Area **at a time and location to be announced.** They must check in at least one hour prior to their assigned starting time. Race Officials will direct parking and will assist to identify arriving runners by Team Number. Upon arrival at the Staging Area follow vehicle personnel shall hand over their completed Follow Vehicle Inspection Form to the Stage Official directing parking. This will formally check them in.

- a. Each Team Follow Vehicle will be assigned a check in time at the Follow Vehicle meeting.
- b. Failure to check in will automatically cause their runner to be prohibited from starting.

***Pt.(30) For late check in.***

**6. FOLLOWING RUNNER**

The Follow Vehicle shall follow the Runner at a safe distance, staying to the extreme right hand side of the roadway at all times. When practical, the vehicle shall straddle the pavement edge. Exception; for a very limited distance, the vehicle may be driven alongside of the Runner to render aid.

***.(5) to .(DQ) Depending upon circumstances.***

**7. FOLLOW VEHICLE TIMERS(\*\*)**

Timers will use ONLY the Official Time Sheet provided (A copy of the Team Run Plan). They will check to see that the Runner scheduled to run is the Actual Runner. Modify information on the sheet as required. Record each Runners Elapsed Stage Time in *MINUTES & SECONDS*. {NOT Time of Day!}. If an Alternate Runner is substituted for a NO Show Runner or for a Downed Runner, draw a line through the Scheduled Runner and PRINT the actual runners name. Time sheets must be turned in at the Finish Line within 15 minutes of the Team Finish Time.

- a. ***.(UO) Failure to turn in or not using Official Time Sheets.***
- b. ***Pt(10)(\*\*) Failure to note ADR@ + replacement Runners Name***

**8. STAGE 20 INFORMATION - ( Repeat of Chap 3.20 for emphasis )**

The Follow Vehicles and Runners shall leave the runner at a point designated by officials and go directly to the finish line parking where the timer shall record the runners finish time and turn in their Time Sheet. ***{Refer to Rule 5.7}***

**9. REPLACING BO FOLLOW VEHICLE**

Only one Follow Vehicle may be used throughout the entire race. If a Follow Vehicle becomes inoperative, due to mechanical failure, a substitute vehicle may be used. Notify the registration desk at the next exchange point, in writing, (using the Vehicle Change Form) that a change has taken place. Changes will be reviewed by the Rules Committee to determine necessity or convenience.

*.(DQ) For making a "Convenience" exchange.*

**10. FRS RADIOS REQUIRED**

Follow Vehicles shall have a FRS Radio , set to the proper channel & PL. The Follow Vehicle operators shall monitor the FRS Radio at all times for Traffic Control and communications between other Follow Vehicles. Only FRS radios ( NOT DEPARTMENT ISSUE RADIOS) that are manufactured direct and are **'SPECIFIC'** for use on the allotted FRS Frequencies, will be the **'OFFICIAL'** radios to be used in the Challenge Cup/ Baker to Vegas Relay.

**NOTE: ANY MODIFIED 'DEPARTMENT ISSUED RADIOS' ARE NOT TO BE USED ON RACE COURSE AT ANY TIME!**

**USE OF SAID RADIOS WILL CAUSE TEAM A 10-MINUTE RACE PENALTY**

The FRS Radio Channel #3 is the **'OFFICIAL' Follow Vehicle Frequency.** This Channel is **NOT** to be used for **'STANDARD'** team communications! This Channel # 3 is to be used by the Follow Vehicles **' ONLY'** to communicate with one another. Any unauthorized use of Channel # 3 by any person and/or team will be identified and attached team will receive a 10-minute Race Penalty.

FRS Radio Channel # 2 is **'RESTRICTED'** solely for use by the **Race Official – RV Support Group.** Any unauthorized use of Channel # 2 by any person and/or team will be identified and the attached team will receive a 10-minute Race Penalty.

- a. .(DQ) For not having a FRS Radio.*
- b. .(10) For each occurrence of not responding to Radio Calls.{\*\*}*

## 5 - TEAM VEHICLE RULES

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### 11. SOUND SYSTEMS(\*\*)

Follow Vehicles equipped with Sound Systems for the Runners to listen to, **shall turn OFF** the sound for 200 yards either side of the Early Warning point and for 200 yards either side of the Exchange Point. In addition, ALL sound systems shall be turned OFF approaching Stage 18 Early Warning and shall remain OFF for the rest of the race. It shall be permissible for runners to carry and wear earphones if they desire.

**Pt.(5)**                      **For each occurrence of not turning OFF sound.**

### 12. PASSING VEHICLES(\*\*)

All Vehicles *{Including Follow Vehicles}* are prohibited from driving abreast *{Side by Side}* except while in the process of passing. The Overtaken Vehicle shall pull to the far right side of the roadway to assist the Passing Vehicle. The Passing Vehicle shall use the utmost caution in passing because of the numerous Blind Spots & Curves. Do NOT attempt to pass congested areas unless you have a clear view of the oncoming traffic. Do NOT pass in the immediate area (\*\*) 100 feet before and after the handoff zone.

**Pt.(5) - .(DQ)**            **Depending upon the infraction.**

### 13. IMPEDING RUNNERS OR VEHICLES(\*\*)

No Vehicle shall impede, in any manner, Runners or any other Vehicles approaching from the rear. The Overtaken Vehicle shall assist the Overtaking Runners and Vehicles in passing safely! **If necessary, pull over and stop until the passing is completed.** The Overtaking Vehicle should not crowd the Overtaken Runner. The Overtaken Vehicle shall wait until it is safe to resume following. (\*\*)Listen to your FRS Radio!

**Pt.(5)**                      **Penalty for infraction.**

### 14. START LINE to STAGE 3 - NO PARKING ZONE

NO One shall be allowed to stop or park anywhere between the Start Line and Stage 3. **All vehicles stopped or parked in this area will be penalized.**

*{Authorized Official Excepted}*

**Pt.(u/o){\*\*}**              **Infraction for Unauthorized parking in follow vehicle zone.**

### 15. START LINE PARKING & U-TURNS {\*\*}

Parking at the Start Line is limited to Official Vehicles ONLY. All other vehicles will be permitted to park 100 yards **SOUTH** of the Start Line. **No Parking, Stopping, U-Turns or Off Loading Passengers NORTH of the Start Line!**

**Pt.(10){\*\*}**              **For each infraction.**

### 16. 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}.**

**Pt.(10)**                      **For each infraction.**

## 5 - TEAM VEHICLE RULES

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### ***17. SHOULDER PARKING***

No vehicle shall be stopped or parked on or about the roadway or shoulder in any manner that may impede traffic or runners. Parking shall be done safely, as far off the road as practical.

***Pt.(5)***

***For***

***each***

***infraction.***



**18. UNAUTHORIZED FOLLOW VEHICLES (\*\*)**

Only officially designated "follow" vehicles will follow the Runner. All other vehicles, including transport vehicles, and spectators, must proceed safely and expeditiously along the roadway. No other vehicle may slow so as to drive along side of the runner or another follow vehicle. Violators will be identified and appropriate penalties assessed against the participating team.

**Pt.(5) For each infraction.**

**19. MOTOR HOME PARKING**

Motor homes will not be permitted to park or wait alongside of the highways of the racecourse. 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.**

**20. MOTOR HOME USAGE**

Motor Homes shall be NORTH of the Start Line by **1200 noon** Race Day. They shall NOT be driven on the ACTIVE racecourse between Sunset and Sunrise. See Chapter 2 - MOTOR HOMES for further explanations of these restrictions and exceptions. In addition, Motor Homes shall NOT be used to shuttle to or from a relay point and shall NOT be used as a Follow Vehicle.

**Pt.(DQ) For Unauthorized usage.**

**21. FOLLOW VEHICLES - Highway 160 Special Rules**

All Follow Vehicles and all Runners traversing Highway 160 between Pahrump (Stage 13) and Rainbow shall remain on the paved shoulder of the Highway to the right of the fog line. Follow Vehicles shall NOT move to the left of the fog line (into the traffic lanes) anywhere in the 40 miles marked off with traffic cones. This INCLUDES while rendering aid to their runner! (see Rule 18 above)

WHEN A F/V IS TO BE PASSED BY A "RUNNER", THE OVERTAKEN F/V SHALL MOVE TO THE LEFT ENOUGH FOR THE RUNNER TO GO BY, SLOW AND ALLOW THE RUNNER TO QUICKLY PASS ON THE RIGHT SIDE.

WHEN A F/V IS TO BE PASSED BY ANOTHER "F/V", THE OVERTAKEN F/V SHALL MOVE TO THE RIGHT ONTO THE DIRT SHOULDER, SLOW AND/OR STOP AND ALLOW THE F/V TO QUICKLY PASS. **Pt (DQ) For any infraction of this rule.**

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

**22. ANY VEHICLE CODE VIOLATION –**

All Follow Vehicles and all Runners who were given a GREENIE by the Nevada Highway Patrol will be penalized.

## 6 - TEAM CAPTAINS

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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. The following is a general guide to the responsibilities and functions that a Team Captain should exercise. With the number of People & Vehicles in the field, we are depending upon YOU to help make this a successful and SAFE race.

### **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. (**TEAM CAPTAINS PLEASE TAKE NOTE OF THIS**)

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 as prescribed. 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 January 31, 2003 ( LAPD- DP # 1 )** for personnel hires and transfers which will be the available pool of runners for each team. A complete agency/division roster must be submitted by **February 28, 2003**. Your final Team Run Plan must be submitted on **April 2, 2003**. Once the Preliminary Run Plan has been submitted, (\*\*) no telephone, fax or E-Mail changes will be accepted. Changes must wait until the Race Day Briefings as outlined previously.

5. 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 captains meeting. Preference for post assignments will be given to teams in the order of receipt of their Entrance Fee.

6. (\*\*) The Good Sams will issue Runner Bib numbers to the Runners at their assigned Stage. Additional Numbers will be given to the Team Captain for mounting on their Follow Vehicle. **An Alternate Runner who substitutes for a Downed Runner will use yellow numbers.**

*{An ordinary Alternate Substitute for a NO SHOW runner shall get their number from the Good Sams.}*

7. Check that all Runners read and understand the Runners Rules.

8. Check that Follow Vehicles and Support Vehicle personnel read, understand and abide by all of the rules.

9. Make certain that the Follow Vehicle crew understands their responsibility to the Runners Safety.

10. Review the time keeping methods to be used by the Follow Vehicle crew.

*Make sure that they understand that they are to record the Runners individual lap time in MINUTES & SECONDS*

## 6 - TEAM CAPTAINS

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### RUN PLAN PROCEDURES - Summary (\*\*)

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The Run Plan Procedures as detailed below: are to accomplish two goals.

#1 To *Spell Check* the Runners Names for typos.

#2 To provide for a *Limited Number of Changes* to the Running Order.

(\*\*)With the number of teams participating, it is imperative that you follow the procedures exactly as defined. It takes approximately 1 minute to check each fully prepared Team Final Run Plan. When Teams are NOT prepared, the check in time can exceed 10 minutes per team!

Make all paper work changes BEFORE coming to the meeting, and keep changes to a MINIMUM!

***There will be NO facilities for making changes to your paper work at the Officials Check In Table!***

Detailed procedures and forms are given to the Team Captains as a special addendum to the Rules Book. Read the Detailed Procedures carefully and follow the instructions carefully. The Check In procedure should be much ***faster*** and smoother.

(\*\*)Rule 3.1.d. provides that the Team Captain submit their preliminary Run Plan on the Official Form prior to the ***April 2nd*** cut off date. Run Plans submitted after that date will be penalized by placing your team in the Unofficial Category. Once the Plan has been submitted, ***do NOT to make any changes via phone, fax or E-mail - they will Not be accepted!*** Once submitted, the Run Plan is entered into the computer and can ONLY be changed by the procedures of the Team Captains check in.

Rule 3.1.a. provides that all Team Captains shall submit their *Final Run Plan* to the Registration Official at one of the Pre-Race Briefings. Check in is ***Mandatory*** even though NO changes are required.

#### CHANGES TO RUN PLAN

In order to reduce paperwork delays at Race Day Briefings, Final changes to the Team Run Plan shall be made by submitting a NEW corrected Team Run Plan per the detailed instructions.

All changes shall be in INK or TYPEWRITTEN (Xerox copies are OK). Pencilled copies or scratched out versions of the original preliminary Run Plan will NOT be accepted! Prepare them BEFORE coming to the meeting. Facilities for changes are NOT available at the Registration Table.

After the Officials have reviewed the FINAL Run Plan, they shall STAMP it as OFFICIAL and return it to the Team Captain who shall give the form to the Follow Vehicle Timer for use as the *Official Follow Vehicle Time Sheet*.

**No other Time Form shall be acceptable at the Finish Line. {Refer to Rule 5.7.}**

Follow Vehicle notations on the Official Form shall be made in PENCIL only! Make sure that your Follow Vehicle Timer has pencils with erasers!

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## 7 - PENALTY PROCEDURES

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During the Race, the Rules Committee will sit in session to evaluate in hand complaints, warnings, and violations. Penalties will be posted near the Finish Line. It is the responsibility of the Team Captain to monitor that posting.

Items of concern will be the written notices of warnings, violations, and infractions. In addition, the committee will check the Runner Sign In Rosters, and the Official Time Sheets. Items of specific concern will be violations of the sign in rules, improper number placement, no number, and unauthorized substitutions. **Most importantly will "Greenies" turned in by CHP, NHP, or Las Vegas Metro Police for race rule violations.**

### WRITTEN VIOLATIONS

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1. (\*\*) All violations must be in writing and must be submitted to the Rules Committee prior to the closing of the finish line at 3:00 PM.

2. Violations, Warning Notices, Volunteer Rosters, and Runner Rosters will be picked up and forwarded to the Command Post by a Committee appointee. All notices of violations on the sign in roster and Official Time Sheets must be marked with a hi-lite pen.

3. Any team that becomes aware of any infraction or violation of the rules should have their captain fill out a Protest Form. If possible, try to prevent a violation from occurring by informing the offending Team that they are committing a rule violation. If the violation cannot be resolved, notify the *Stage Director* at the next stage location, in writing, of the violation. The *Stage Director* will forward the report to the Race Committee.

### RULES COMMITTEE ACTION

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4. Minor infractions will be evaluated and noted. If they are of a minor nature, the Rule Committee will issue a letter of warning to the offending team.

5. Violations of a more serious nature will cause the team to be given a time penalty. All time penalties will be in increments of 5 minutes.

6. Warnings will be evaluated to see if the offending Team (et al) has repeated the infraction at other stages. Evidence of repeated offenses will be cause for a Team penalty.

7. The Rules Committee may ask for a representative of the Team to appear to explain and justify the actions of their Team. Depending upon the severity of the violation, the number of repetitions, and other factors, the Team could be penalized (time), (UO), (DQ), or (DQI). Serious rules violations will require the appearance of the Team Captain.

### OFFICIAL RESULTS

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1. Final times, including violations and penalties will be posted at the awards area by **1700** hours on Sunday. Any Team Captain wishing to challenge the validity of the results must make their challenge to the Rules Committee as soon as it is posted and before 1800 hours. After **1800**

hours, all posted results will be considered official.

## 8 - COURSE DESCRIPTION

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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).

**Stage 1                    5.5 Miles Difficulty 19 \*\*\*\* New distance 2003**

This leg is mostly flat. It has some mild, low rolling hills.

**Stage 2                    4.7 Miles Difficulty 20**

Declines slightly for the first 2.5 miles, and then begins an easy, gradual incline until the four mile point. The last .5 miles are a steady downhill.

**Stage 3                    8.2 Miles Difficulty 1**

The first mile is downhill. The next 3.0 miles are flat. Then begins the strenuous climb four miles toward Ibex pass. The final mile of this climb is the steepest. This is the most difficult stage in the race.

**Stage 4                    5.1 Miles Difficulty 5**

This leg continues the climb to Ibex pass. There are 3.4 miles of steep uphill before reaching the top at 2,090 feet. The last 1.7 miles are all downhill.

**Stage 5                    6.0 Miles Difficulty 18**

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. The Tacopa Hot Springs road enters from the right at 4.8 miles. Stay on Highway 127.

**Stage 6                    6.1 Miles Difficulty 11**

This leg begins with a brief downhill section and is followed by a fairly flat couple of miles. 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**

Fairly flat until about 1.3 miles, where the uphill begins. The gradual incline soon becomes a very arduous hill, topping out at about the 5 mile mark. The leg finishes with 1.2 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                    7.3 Miles Difficulty 2**

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 about the 3 mile point. It climbs steadily and becomes even more difficult the last 1.5 miles. The stage ends just a few hundred feet over the crest of the hill.

**Stage 9                    6.8 Miles Difficulty 10**

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 17**

This stage is flat. It takes the runner into the friendly community of

## 8 - COURSE DESCRIPTION

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### **Stage 11**            **5.3 Miles Difficulty 16**

This stage consists of a slight but continuous incline. At 1.5 miles after the handoff the runner will make a right turn onto Nevada Highway 160. **Caution:** The next 40 miles of the course is characterized by very fast traffic!

### **Stage 12**            **4.7 Miles Difficulty 14**

There is a nice downhill for the first .7 miles, with the remaining 4 miles being a steady incline.

### **Stage 13**            **7.0 Miles Difficulty 7**

This stage begins with a long steady incline of 4.2 miles. The stage then levels off with a gentle decline for the last 2 miles.

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

### **Stage 14**            **5.4 Miles Difficulty 8**

This stage begins with 1 mile of downhill and then the runner begins a steady climb toward Mountain Springs Summit. This runner will tackle the first 4 miles of the climb from approximately 3000' to 3800'.

### **Stage 15**            **5.7 Miles Difficulty 6**

The entire length of this stage is uphill. At about the halfway point, the climb becomes most severe, eventually finishing at the Sandy Valley Road. This stage climbs from approx. 3800' to 4600' not unusual to see snow!

**Parking is very limited. Only one vehicle per team ,**

**PLEASE!**

### **Stage 16**            **5.0 Miles Difficulty 3**

This stage, without question, provides one of the most difficult challenges of the race with 5 miles of tough, continuous uphill running. At 4.5 miles into the run, it gets steeper. Starts at 4600' to just short of the summit 5400'.

### **Stage 17**            **6.8 Miles Difficulty 15**

For .6 miles, the runner climbs to the summit at 5495 feet and then a continual descent to 1900 feet. Very fast very steep downhill!

### **Stage 18**            **6.7 Miles Difficulty 13**

The entire leg is one long continuous descent. Adequate parking off Highway 160.

### **Stage 19**            **6.4 Miles Difficulty 12**

This stage continues downhill, at about 4 miles becomes only a slight downhill turns right on Jones to exchange point at Cactus and Jones. Map will be provided, as runner will finish in a residential area.

### **Stage 20**            **5.3 Miles Difficulty 9**

This stage is mostly flat. The runner will run on Cactus to Industrial turn right to the Silverton Hotel. Finish runner is always a tough, pressure spot. Map to be provided.

## 9 - MEDICAL INFORMATION

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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. 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 to slow them down if they show any signs of a problem. Almost without exception, all previous medical emergencies could have been prevented or sharply reduced, if the Follow Vehicle Crew had taken prompt, appropriate action. For additional information, refer to the Follow Vehicle Manual.

### **MEDICAL DEPLOYMENT**

A Medical Crew of trained and licensed EMT will be on call at each Stage to supply emergency 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 near stage three. 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. Air evacuation will be on hand for emergencies that require immediate hospitalization.

### **MEDICAL PROBLEMS**

#### 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 look like they are running in pain, 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!

#### **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* periodically throughout their race. Do Not assume that spraying water on a hot Runner will 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 to be used in Addition to Drinking, Not as a substitute. It is more of a comfort aid, rather than a positive 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. Make them sip water and douse them with water to cool them down. Don't let them proceed until fit.

#### **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 personnel! 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!

## 9 - MEDICAL INFORMATION

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### **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 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.

If the Runners seem pale, weak, depressed, or any of the other symptoms, take immediate action. Slow or stop them immediately and make further determinations. Get the Runner into the shade and have them lie down. Rehydrate with small sips of water. If immediate action is NOT taken, the Runner could suffer from Heatstroke! If the Runner needs medical assistance, have someone go to the nearest Ham Radio Operator and ask for a Medic to come to your aid. In extreme cases, forget the race, transport him/her 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 by 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! Send someone to the closest Ham Radio Operator and have them radio for Medical Assistance! In the meantime 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!

### **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**:

- 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.
- 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 Ham Radio Operators who can handle Emergency Communications. All Stages will have a Medic Team in attendance. If needed, the Hams can radio for a Medic to respond to your location.