

Crewing for Kari

1. As crew you need to familiarize yourselves with the **crew vehicle** and it's organization. It would be advantageous for **Kari** to be involved in setting up the crew vehicle so it can be arranged in a manner that makes logical sense to everyone that will be working out of it. Keeping the crew vehicle clean and organized helps everyone, too. Putting things back where you found them makes it easier for the next person on shift.
2. Crew members should decide in advance when rest breaks will take place, so that at least one crew member is always well rested. Deciding in advance about who will rest might mean the day of the race (as in who has had the least sleep maybe). Also, one experienced crew member should be with Kari at all times. This will help the "new crew" get the crewing routine down. It really is a routine.
 - a. Each stop involves the crew going out to Kari to exchange bottles, i.e., a new bottle of whatever she is drinking or might want (she should be able to rotate her fluids and tell you at the former stop what she wants at the next stop). Same with foods and iced bandanas. Make sure bottles are iced!!! Check to see if she needs supplements, like E-caps, Potassium or electrolyte replacements. Keep track of what she takes so that you know to tell the next crew who comes on shift. Sometimes it helps to write it down.
 - b. As the race progresses, it will become harder for Kari to decide what she wants in the way of food and drink. When Kari cannot decide what she wants make a small tray of different items she likes and offer it to her. This takes the pressure off of her to decide.
 - c. Keep her moving. Don't let her give you excuses at every stop. Each stop eats up time. If you can crew her as she runs or walks it's the best approach.
 - d. Watch for traffic. Each time you cross the road, look both ways and respect that you are on a public highway.
 - e. Watch Kari's moods. If she becomes down, it might be blood sugar. Get her sugar up with something she likes. Moods are a good indicator of low sugar.
 - f. Talk if Kari wants to talk, otherwise do your job, try to stay focused and upbeat and keep her moving. If possible, try to keep Kari from talking too much because it's a huge energy drain after many miles. If she can just listen to her music and focus on the task of moving forward that is GREAT! If she needs a pacer and company to keep her moving, then be sure to be sensitive to that. This is the ultimate care-taking adventure for you, as crew.

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Kari knows how to take care of her feet and has now developed a method which works well for her. She might not need much help other than her blister box. If she does need help, make an effort to help her with her feet.

4. Keep Kari sprayed down with water once it's hot if she asks for it. This acts like an evaporative cooler. It's a huge help and is also helpful for the crew to stay wet in the heat of the day.

5. Crew needs to be aware that they HAVE to drink fluids to prevent dehydration...not just their athlete. We've seen a lot of sick crew from not watching out for their own welfare while in the throws of crewing. It's easy to get distracted and forget to drink! Iced fluids seem to keep the body temperature down better. We ice everything.

6. Sunscreen and sun protective clothing is helpful for crewing. Sunburned crew aren't happy crew. Hats are essential. The hazards of sunburn, dehydration, sun stroke are very real for the crew as well as the athlete. Beware of how quickly this can happen. It can happen in as little as 15 minutes.

7. Hopefully, crew members will cooperate with each other to make the whole experience a memorable one. Communicate with Kari, and with each other as crew members.

8. If you encounter problems with your vehicle or your athlete, please let the organizers know. The race officials skirt the course. Ben will be doing the same thing, to see how everyone is doing. Just let him know and he'll notify his fellow race organizers. The sooner a problem is addressed, the soon it can be resolved. We've even encountered flat tires out there. The U-Haul company sent mechanics out on the course (from Ridgecrest) to fix our tire while we continued in the race (of course we had dual wheels).

9. Watch out for the traffic. Be careful crossing the road on foot, if you are helping your athlete. Make sure your crew vehicle is off the pavement so you won't get a ticket. Make sure if you pace to be in the dirt if you are abreast. Kari has to stay on the white line on the left side, or to the left of it towards the shoulder. It's hard to stay that far over from traffic, but it is in the rules and we don't want anyone to get hurt on the team!

10. Please don't litter!

The Badwater Ultramarathon is a unique event. It is....EXTREME! Please understand that by your crewing you are helping your athlete complete a very important goal. Good crew attitudes along with good manners and organization can make this an amazing and thrilling experience for everyone. You will enjoy a great sense of achievement to have joined your athlete in this event. I truly believe that no one who participates in this event leaves it the same. It will be a very memorable life experience. Kari will be grateful to

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you for your help forever! And, last but not least, we are hoping that everyone has a memorable, enjoyable and successful and most of all fun race!

Suggested Badwater Crewing tips by Denise Jones ~ who has a vested interest in seeing her dear friend reach the goal of her “dream to do Badwater 2002”!

All the best to everyone! God be with you!