

Ben's Suggested load out

Check List

FOR YOUR VEHICLE (MINI-VAN RECOMMENDED):

- Flashlight(s): regular and mini-mag light
- Ice chests (2): and large fluid container (Igloo)
- Folding chair(s) with cot (with pad)
- Umbrella
- Trash bags and/or trash barrel; broom for U-Haul
- Zip-lock bags; chip clips
- Cutting board and utensils, plates, cups, etc.
- Bucket or basin (for feet, etc.)
- Scale for weighing during race; don't use digital read-out kind (hard to read in bright sunlight)
- Matches
- Burner (camp stove)
- Electric coffee pot or hot plate or toaster/oven for heating water, cooking, etc.
- Extension cord and a variety of electrical adapters (two-to-three-way, socket type, etc.)
- Small microwave oven (optional but very helpful at Stovepipe and Panamint)
- Water sprayer
- Clip board, pens, pencils, note paper, etc. (to keep track of your adventure, hallucinations, etc.)
- Duct tape
- Rope, cord, string, etc.
- Towels (including beach towel) and rags
- Paper towels and napkins
- Soap (dish soap), sponges and scouring pads
- Bug spray
- Step for getting in and out of vehicle (or for just using as a chair)
- Porta Potti and toilet paper
- Camera(s) and film
- Cellular phone (optional but very popular)
- GPS (global position system)(for techo-nerds only)
- Crisp \$1.00 bills for vending machines including ice machine
- Coins for vending machines
- Maps: Inyo County; Death Valley; Owens Valley; Whitney Area (topo)

FOOD AND DRINKS:

- Water: bottled; Crystal Geyser usually donates 2 cases per runner
- Electrolyte:
Gatorade, Cytomax, Exceed, Club Soda, etc.

Pretzels, peanuts, corn-nuts, rock salt, etc.
- Carbohydrate:
Carboplex, etc.

Gum drops, jelly beans, fig newtons, pop tarts. etc.
- Watermelon, cantaloupe and other fruit (oragnes)
- Classic Coke: caffeine helps at night
- Other food:
Dark bread, sliced turkey, jack cheese, peanut butter, jelly, etc., for sandwiches

Chicken noodle soup, Cup-of-Soup, etc.

Oatmeal packets

Jerky

Coffee, tea, cocoa (Swiss Miss), etc.

MEDICINES:

- Sun block, chap stick, zinc oxide, etc.
- First aid kit (basic)
- Thermometer for body temperature and outside air temperature
- Diamox 250 mg tablets for high altitude sickness prevention (suggested-see M.D.).
- Water purification tablets or water filter for Giardia on Whitney trail

FOOT BOX:

- Micropore tape (3M), Band-Aids, dressings, etc.
- Compeed, Elastogel, Duoderm, etc., for pressure areas and blisters
- Swabs, needles, razor blades, tweezers, scissors, etc.
- Nylon stockings, ankle length, to go over skin before socks to help prevent chaffing and blistering

RUNNING GEAR:

- Full coverage solar gear ([Sun Precautions](#))
- Singlet with logos for the media, advertising, self-promotion, running for charity, etc.
- Running shoes (several pairs) and maybe one size larger than ordinary (use white or light-colored pair; not dark!)
- Inner soles; Soft Soles work well for us for cushioning and insulation
- Orthotics, etc.
- Socks; double thickness work well; consider Supphose for swelling)
- Gaiters for sand and gravel
- Hat with long-bill or wide brim plus shroud
- Dark glasses (two layers, one which flips up or down)
- Summit goggles and or shields for side-stems (for side-glare)
- Consider nose shield which fits on glasses
- Goggles (swimming type) for sand storms
- Scarf or handkerchief
- Reflective gear, strobe light, flashers, etc., for night time
- Fanny pack with water bottles
- Mosquito head net

MOUNTAIN GEAR:

- Polypropylene inner-layer top and bottom
- Patagonia mid-layer top and bottom
- Gore-Tex outer-layer top and bottom
- Gloves
- Ski cap (balaclava)
- Hiking boots with snow gaiters

CHECK WITH MOUNTAINEER/GUIDE REGARDING THE FOLLOWING:

- Ski poles; longest and rigid are the best; or telescopic
- Crampons for ice; consider in-step crampons (optional)
- Rope if snow and ice conditions dictate
- Ice ax (need to know how to use this; can be dangerous)

Crew Assignments

Crewing Tips for the Badwater Ultramarathon

Due to the unique nature of the Badwater Race, we thought it might be helpful to make some suggestions with the hopes that they might insure a successful experience for both the competitors and their crew members. As most of you know, the crew is essential to the competitor completing this event; and in fact, is a requirement by the race officials. Crewing for this race can be as taxing as competing (we've done both). Thus, we share some ideas that have helped us during the event in the past.

You can expect:

- EXTREME HEAT
 - EXTREME EXHAUSTION
 - EXTREME FRUSTRATION at times
 - EXTREME CONFUSION
 - EXTREME JOY....when it's over!!!!
1. The crew needs to familiarize themselves with the crew vehicle and it's organization. It would be advantageous for the athlete to be involved in setting the crew vehicle up 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. If there are only two crew members, it needs to be decided when rest breaks will take place so that at least one crew member is rested. If there are more than two, it's a bit easier to take rest breaks. During the rest, try to rest or sleep. A tired crew is no help to the athlete. We get motel rooms for our crew, but I know it's not always possible due to some budgets. If at least one crew member is mentally sharp and fairly well rested, it makes the entire experience run more smoothly. By the time the competitor is tired, decisions are harder. If everyone is tired, it's much harder to keep the competitor moving.
 3. Hopefully the crew will be familiar with blister treatment. If not, please try to get some help before the race starts with someone that has treated blisters. Often, it seems, even when most athletes don't have blister problems, they tend to blister in this race due to the excessive heat of the pavement. Try to have a blister kit organized specifically for this issue. It's been a life-saver for most competitors.
 4. It has been our experience that if a water sprayer is used for cooling down the athlete, that avoiding the legs is helpful. It seems that when the water runs down the legs, feet blister more, and can cause chafing of the thighs. One competitor had to drop out a couple of years ago due to the crew not knowing this. Sometimes athletes like their legs cooled, but be sure to check first before letting loose with the sprayer. Don't be surprised if your athlete gets heat rash on legs....I've had it twice in this event. It goes away and Desetin ointment helps!
 5. Crews need to be aware that they HAVE to drink fluids to prevent dehydration... not just the 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 co-operate with each other to make the whole experience a memorable one. Communicate with the athlete, and with each other as crew members. Watch your athlete's moods and behavior. Low moods are expected at times, but sometimes can indicate low blood sugar. It's as simple as giving something with sugar in it to help.
 8. If you encounter problems with your vehicle or your athlete, please let the race staff know. Their 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 the race director. 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.
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. We truly believe that no one that participates in this event leaves it the same. It will be a very memorable life experience, and we know your athlete will be grateful to you for your help forever! And, last but not least, we are hoping that everyone has a memorable, enjoyable and successful race in 2001!

Getting Water and Ice

Runners and crews must come fully prepared for this event. Many buy all their supplies in Las Vegas or Los Angeles, depending on which airport they are using. It is important to keep in mind that services are available infrequently along the route. Ice and water, and other supplies, is usually available at the following locations during working hours:

Furnace Creek (gas, water, ice, market, restaurant, hotel, camping)
 Stove Pipe Wells (gas, water, ice, market, restaurant, hotel, camping)
 Panamint Springs Resort (water, ice, restaurant, hotel, camping)
 Lone Pine (all services)

Pace Chart for Finish Times from Badwater to Whitney Portal

Hours	mph	min/mile
24	5.62	10:40
25	5.40	11:07
26	5.19	11:33
26:18:00	5.14	11:41 (a)
27	5.00	12:00
28	4.82	12:26
29	4.65	12:53
29:10:00	4.63	12:58 (b)
30	4.50	13:20
31	4.35	13:46
32	4.21	14:13
33	4.09	14:40
34	3.97	15:07
35	3.85	15:33
36	3.75	16:00
36:19:20	3.71	16:08 (c)
37	3.64	16:26
37:01:00	3.64	16:27 (d)
38	3.55	16:53
39	3.46	17:20
40	3.37	17:46
41	3.29	18:13
42	3.21	18:40
43	3.13	19:07
44	3.06	19:33
45	3.00	20:00
46	2.93	20:26
47	2.87	20:53
48	2.81	21:20

49	2.75	21:46
50	2.70	22:13
51	2.64	22:40
52	2.59	23:07
53	2.54	23:33
54	2.50	24:00
55	2.45	24:26
56	2.41	24:53
57	2.36	25:20
58	2.32	25:46
59	2.28	26:13
60	2.25	26:40

(a) Marshall Ulrich's PM (1800) record

(b) David Jones' AM (0600) record

(c) Bonnie Boyer's PM (1800) record

(d) Lisa Smith's AM (0600) record