

ITEMS TO BRING (SPECTATORS AND TEAM MEMBERS)

CLOTHING:

Comfortable shoes: Lightweight hiking boots, or running/walking shoes.

Shorts or baggy lightweight light colored pants.

Oversized long sleeve (light colored) lightweight button shirt.

Hat. Preferably a full brimmed (booney hat). At least baseball style.

Bandana. Or cooldana

Sunglasses (with full UV protection)

*Just make sure it's comfortable, and will keep you as cool as possible.

NIGHT:

Sweater, or jacket (it can get pretty cool at night)

Lightweight windbreaker/rain jacket

Light gloves

MISC.

Sun-block Personal choice, but the high desert can be ruthless.

Chap-stick

Moisturizer (for after the sun goes down)

Toiletries

SUSTENANCE:

Food, snacks. (there will be only a couple of places to get food [fast food] in California City [mile 23ish] and then Mojave, Rosemond.

Bring lots of fluids. Water, sports drinks, soda (in moderation).

CRITTERS:

Snakes (Mojave Green Rattlesnake, among others) are common in the desert of course, although during the heat of the day they will more than likely be burrowed in or under bushes. The best chance of seeing them will be after sunset, when they come out onto the roads to warm up. Just keep clear. There's no reason to harm them.

California Desert Tortoise. The first 20 odd miles of the run are within the California Desert Tortoise Preserve. If you see one, COOL! Take a picture, but please don't touch or move them.

Coyotes. 'nuff said.

Could be Bees, so if you are allergic, like I am, make sure you've got what you need.

Low flying aircraft and sonic booms....Let's hope!

If one were to want to explore off the route, be careful of the many other hazards that lie in the desert. Mines, old buildings, flash flood channels, aircraft wreckage Also keep in mind that some of these areas were used as gunnery ranges back during WWII, so there are still unexploded ordinance out there. DON'T TOUCH! Ask me about the time I messed with a mortar I found.....

RUNNERS/BIKERS

Relay runners that plan on running more than 5 miles must drink Gatorade (or other electrolyte replacement drink), in addition to, or replacement to water. A good (cheap) option is to buy powder and mix your own (have a community batch).

For safety, except for “pacers”, Runners will be limited to daylight hours.

Night runners and bikers must have reflective clothing (vest, jacket, etc) and lights (handle bar, or headlamp). Tail lights are advised on bikes.

DRIVERS: