

Making the Jump to Longer Races

TrailBlazers Adventure Racing Club

June 8, 2004

- 1) Setting Goals/Team Dynamics (Jim)
 - 2) Training (Bryan)
 - 3) Preparation (Jim)
 - 4) Pacing (Bryan)
 - 5) Support Crew (Jim)
 - 6) Nutrition (Bryan)
 - 7) Gear (Jim)
 - 8) Coping with Adversity (Bryan)
 - 9) Open for Questions
- **Setting Goals/Team Dynamics**
 - What do you and your teammates want out of it?
 - ♣ Fun/finish
 - ♣ Competitive
 - ♣ Build to be competitive
 - ♣ Long term commitments (people change)
 - Stresses different in longer races
 - ♣ Personality conflicts
 - ♣ Roles
 - ♣ Preparation is key
 - ♣ Dictatorship or democracy
 - Roles
 - ♣ Captain
 - ♣ Navigation
 - ♣ Nutrition/Health
 - ♣ Pacing
 - Race as a team
 - ♣ Towing
 - ♣ Help each other in TAs
 - ♣ Know distress signals and limitations
 - ♣ Be honest with each other and communicate
 - **Training**
 - Set a training plan that fits your team
 - ♣ Fitness
 - ♣ Time
 - ♣ Ability
 - ♣ Convenience
 - Training Types:
 - ♣ Conditioning

- ♣ Strength/Interval
 - Rest
 - ♣ Monitor yourself
 - ♣ Heart rates
 - Taper
 - Practice
 - ♣ Use your gear
 - ♣ Practice transitions
 - ♣ Navigation
 - Train Together
- Preparation
 - Length of race and amount of preparation directly proportional
 - ♣ Race to the starting line
 - Transitions
 - ♣ Know your gear
 - ♣ Know your teammates gear
 - ♣ Practice transitions as a team
 - ♣ Train your support crew
 - Navigation
 - ♣ Know the area
 - ♣ Know the maps (symbols, features, etc.)
 - ♣ Know the race director (research previous races)
 - ♣ Practice with the tools you will need (waterproofing, plotting, etc.)
 - Gear
 - ♣ Practice with your gear on
 - ♣ Store things in an organized fashion
 - Clothes
 - Equipment for different legs
 - Refills (medicine, electrolyte tablets, gels, batteries, etc.)
 - Food/Drinks
 - ♣ Check out the gear before you pack it
- Pacing
 - Dependant upon
 - ♣ Goals
 - ♣ Training
 - ♣ Teammates
 - ♣ Strategy
 - ♣ Race day Conditions
- Support Crew
 - Other team member(s)
 - ♣ Can be more critical than choosing teammates

- ♣ Must have same goals (see Team Dynamics)
 - Transitions
 - ♣ Minutes and even hours can be lost or gained
 - ♣ Must be familiar with equipment and racers needs
 - Reward them
 - ♣ Split prize money/swag
 - ♣ Support them (you'll learn more than you can imagine)
- Nutrition/Hydration
 - Caloric Needs
 - ♣ Take in 200-300 calories per hour
 - ♣ Body may burn up to 1200 calories per hour
 - ♣ Fat stores
 - ♣ Resources on the Course
 - ♣ Weight
 - Electrolytes
 - ♣ Muscles won't function
 - ♣ Weather conditions
 - Hydration
 - ♣ Resources on the course
 - ♣ TA's
 - ♣ Weight
 - Comfort Foods
 - ♣ PB Bagels
 - ♣ Pizza
 - Sleep Deprivation
 - ♣ Pre-race prep
 - ♣ Caffeine
- Gear
 - Break it in
 - ♣ Practice with gear on
 - ♣ Don't try something new on race day
 - Packs
 - ♣ Depends on length of race and required gear
 - ♣ Water bladder needs to be big enough
 - ♣ Plenty of pockets keeps you moving
 - Navigation
 - ♣ Good compass
 - ♣ Altimeter
 - ♣ Map case
 - ♣ Waterproofing
 - ♣ Plotters/rulers
 - ♣ Writing utensils
 - Bike

- ♣ Weight (climbing, bike-whack, etc.)
 - ♣ Components
 - ♣ Tires
 - ♣ Tools
 - Boat
 - ♣ Usually have to supply your own
 - ♣ Flatwater/whitewater
 - ♣ Paddles can make the difference
 - Clothes/Shoes
 - ♣ No more cotton (wick-dry, performance wear)
 - ♣ Pockets rule
 - ♣ Good shoes can make or break a race (or future races)
 - Climbing Gear
 - ♣ Depends on race
 - ♣ Ascending
 - ♣ Rappelling
 - Lights
 - ♣ Cycling
 - ♣ Other
 - Weight
 - ♣ Ounces count
- Adversity
 - Team Dynamics
 - ♣ Communication, keep an open line
 - ♣ Rating system
 - ♣ Keep the peace
 - Illness/Injury
 - ♣ Bonking
 - ♣ Sick
 - Broken Equipment
 - ♣ Focus on solutions
 - DNF'ing
 - ♣ Have a GREAT reason
 - Can you physically progress through the course?
 - Is it fixable?
 - Is it mental?
 - ♣ You never know