

Baker to Vegas – Legs as told by Jen Tse (12.6.2017)

Common Tip for Any B2V Leg: HYDRATE, HYDRATE, HYDRATE.

Do not underestimate the desert conditions and how essential it is to ensure you are hydrated before, during, and after your leg.

Leg 19

Leg 19, at 5.60 miles, of B2V is thankfully flat and the leg is entirely in the city and is situated at sea level. Because it is in the city, you'll be running on the asphalt or sidewalk of the residential neighborhoods leading you into Las Vegas city. You will not get the views of the desert mountains and landscape, but you'll be grateful for the flat leg. It's a fairly pleasant run because there are no hills whatsoever. It is the second-to-last leg, so the time at which you're running may be late or early, depending on how consider that hour of the day. When I ran leg 19, it was about 3 am, so I found it difficult to sleep in the middle of the afternoon or evening (also because of nerves and excitement, I couldn't take a nap!), so I did not feel sufficiently rested before the leg. Not to worry though—adrenaline and the excitement of the race, itself, can really carry you!

Furthermore, at this time, it's possible that your run may be cold, especially as you're waiting for your hand-off, it will be chilly. Wear sufficient clothing, but know that it can get awkward putting on or taking off long sleeves while wearing the lighted safety vests necessary for Leg 19. Just make sure to have a plan ahead of your hand-off on what you'll do with any additional or extra layers. I ran in long sleeves, but I also know that I overheat easily – so gauge the temperature outside and also consider your own body temperature. Be mindful to sleep well, take a nap, eat and stay hydrated the entire day in order to gain sufficient energy for the difficult start time. And then ensure that you stay warm as you're waiting for your teammate's baton pass.

In addition, Leg 19 is one of the legs in which you cannot listen to your headphones so that you can be aware of traffic and your environs. But, if you're like me, and you always listen to something (music, podcasts, audio books) to get you through runs and to pass the time and potential boredom of running in quiet, know this fact and prepare yourself. Because I could not listen to any music or podcasts, all I could hear was my own breathing, which honestly is annoying for me. Be aware of this, and if you have no issues with running without headphones, you couldn't ask for a better leg (except for maybe the Hollywood finisher, last leg!).

The energy of this leg, itself, is great – it's quiet as anyone else not involved with B2V is fast asleep in the city, but police officers controlling traffic, follow vehicles, onlookers along the route, and even other runners—all will be cheering you on and encouraging you along the run. That was the bit of energy I needed since it is late and quiet and can feel a bit lonely—and suddenly you hear cheers and encouragement all the way to the hand off. Enjoy this leg!