

## **Baker to Vegas – Legs as told by Jen Tse**

**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 11**

Oh, Leg 11, how you had forsaken me. My race story with Leg 11 will become Team Black lore, I'm certain, so I shall spare those details and express the lessons I learned (the hard way) while running Leg 11.

Leg 11, at 5.30 miles, is just past the halfway point of the B2V route. This means that you are somewhere in Pahrump, Nevada. This also means that you're around 4,000+ feet elevation, which should not be discounted or ignored. It is imperative to be mindful when running at elevation—dehydration can occur more quickly and the air feels thinner, making breathing a little more difficult than when you're running/training at sea level. If you're like me, you also may run the risk of overheating due to the desert conditions—dry, elevation, uphill climbs—even if the air temperature outside is not that warm or hot. The terrain, itself, is out in the middle of Pahrump, so you will run through the tiny downtown – but you will enjoy some panoramic views. Enjoy them. Know that there is a slow and steady incline, which does eventually drop into a decline at the latter part of the leg. In the uphills, if you find yourself struggling, slow down your pace, catch your breath, drink a lot more water – and soon enough, you'll pass into the slow downgrade.

The timing of this leg is great – when I ran, it was dusk, around 6:30 pm and close to the sun setting, so the temperatures cooled, but was not too cold. Depending on the pace of your teammates in 1-10, you may run earlier than dusk, and the afternoon may get warm. Ensure preparedness for inclement weather temperatures, depending on time. Because the sun was beginning to set, I wore a flashing lit safety vest as well. Try out your vest and get comfortable running in it. Because at home, I normally train and run around the same time as I had run Leg 11, it was ideal for me—however, I did not anticipate how elevation can affect your body and your run, even if weather conditions feel familiar. I biologically overheated even though the temperatures were around the low 60s, and I did not feel hot; I was dehydrated even though I had been drinking water literally all day before the race.

The entire day before your leg, ensure that you're drinking a lot of water and stay hydrated—you will still feel dry and thirsty even if you've been drinking water all day. Do not underestimate how important hydration is for your performance. During the run, frequently take water from your follow vehicle, you will find yourself thirstier than usual during this leg. Even if you don't feel thirsty—drink water anyway, lest you underestimate the desert, running at elevation, and how they can affect your body and your run. To prepare for running in elevation – while training, run a lot of steep hills or run inclines on the treadmill. Get your lungs used to feeling blasted and you'll strengthen your legs and lungs for Leg 11.

I shall tell you the full story one day... enjoy your race!