

Baker to Vegas – Leg #9

By: Connie Hayes (OSHA – Las Vegas)

Leg 9 - (7.5 miles)

If you can run at least 8 miles comfortably without feeling tired at the end, you can do this leg. If you follow Danny's training guide for B2V. Add a mile for this leg for each of those training goals.

No matter what time this section of the relay is run, the key is still to keep **hydrated**. This especially applies to those who are used to cooler temperatures. Heed everyone's advice to stay hydrated. I run with my own fanny pack and carry two 16-oz bottles of water and some gels or energy beans. It saves me the effort and energy of trying to wave down the support van. If you don't like carrying anything, make sure to summon the support van down in time as the support vans need to make their way to you depending on the traffic.

I have worn a lighted vest for this leg. As others have said, do try out your vest to make sure you the fit is comfortable. I don't notice it when I run.

Learn to pace yourself for this distance. Keep your pace steady and resist the urge to go fast when you start your turn, it's a ways to go. The leg, which stretches through desert landscape, has some uphill, not too steep but seem to last a mile or two. It evens out in a few places. Look at the race profile to see where the slight climbs are. There are slight downhills too, but those always seem shorter than the climbs. Again, pacing is the key.

What makes Leg 9 fun is crossing the state line. However the last 2 miles are on a slight grade uphill. Once you reach the top of the hill, the finish line tent is about 70 yards away.

Hand off the baton!