

Guidelines for creating Race Plan

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I. Hourly Plan

A. Riding Plan:

Create a riding plan for the racer or a team as a whole as to how much distance will be covered in one hour. This distance will depend on the racing category, strengths and weaknesses of riders, topography of the route and amount of navigation involved in that specific section. Creating a riding plan will give the crew an idea of what to extract out of the riders. It will also be the goal that you must achieve every hour.

B. Nutrition Plan:

A nutrition plan is a chart of what all needs to be fed to the riders in one hour. This chart will have to be prepared in consultation with the riders and a nutritionist as to how many calories need to be fed every hour. The chart must also include the amount and nature of fluids intake for the riders. Following the nutrition plan is very important as it will ensure that there is no calorie deficit and state of dehydration is avoided.

II. Six Hourly Checks

A. Fuel Level Check:

It is very important to check the fuel level of the support vehicles every six hours. It is best advised to top up fuel every time half a tank is consumed. This ensures that in case of emergencies, a distance of at least 200 Km can be covered. Nonetheless, fuel level must be checked and noted every six hours to avoid inconvenience to riders and disturbing other plans. It is a good idea to make note of fuel stations beforehand so that the crew can expect their fuel top up locations.

B. Food and Water Check:

Food and water for riders and crew is the lifeline of any team. There might be certain deserted sections in a race and these must be identified well in advance so as to avoid dry runs. Checking and stocking food and water every six hours also provides room for variation in the food being fed to riders as well as the crew and can accommodate unexpected changes in the nutrition if any.

C. Nutrition Status of Riders:

It is extremely critical to monitor the nutrition status of the riders by the crew. Logs of feeding must be maintained as shown in the sample log sheet so as to get a perfect idea about the nutritional status. In case a calorie or fluid deficit is identified, it must be immediately rectified and respective changes are made in the hourly feeding plan.

D. Asses Hourly Riding Plan:

It is a good time to now asses the hourly riding plan. You must compare the planned distances that should have been achieved and the actual distance you covered to get a better idea of the progress of the race. After the comparison, respective changes should be made to the riding plan that follows. This will increase the chances of achieving the results you aim for.

E. Equipment Check:

There are several devices you would be using through the race such as mobile phones, head lights and tail lights, speakers, communication devices and so on. It is advised to check the charging levels of these devices every six hours. This will avoid unnecessary halts during night time and save the riders' time. It is also important to check the vehicles and bikes at this time. Tyre pressures, oil levels, lubrication of bikes and so on must be checked to ensure sudden breakdowns.

F. Crew Rest:

Crew rest is one of the most important yet an ignored issue by the crew team. at the start of the race, there is high energy in the whole crew, but as the race proceeds, things start getting intense. In such a scenario, it is very important that the crew has sufficient rest so that it can operate at their maximum efficiency. Enough crew rest also reduces the chances of error that the crew might make. Hence the crew can create a six hourly crew rotation chart which will reduce the monotonous jobs and liven up the crew. It will also ensure all members have had enough rest and are fresh. Drivers must be rotated often to avoid accidents.

III. 1 Hour before Night Time:

A. Comply with Night Time Rules:

Every race has certain "Night Time Rules" which you must comply with. You can start to prepare for night time rules an hour before to avoid off-saddle time of riders and as well avoid attracting any penalties. At this time, make sure that riders have high visibility vests on the, bikes are equipped with lights and crew is wearing high visibility wear.

B. Food, Water and Fuel Check:

It is difficult to find food water and fuel supplies in night time. Even if you do, it might result in increasing the off-saddle time of your riders and thus wasting more time. Hence you must ensure you have all the supplies that you will be requiring throughout the night stocked. This will ensure a smooth night shift.

IV. 6 Hours before Finish:

A. Asses Hourly Riding Plan:

At this time, you must already be having an idea about the distance that still needs to be covered and the remaining time you have thus you must make necessary changes in the riding plan so as to ensure a finisher status. The riding plan should be so modified that a close finish is avoided. Always aim for a comfortable finish. This will account for any unforeseen circumstances like flat tyres or breakdowns.

B. Exercise Extreme Caution:

This is the most critical time in the race. As such every member of the team at this time must exercise extreme caution while performing their duties. Smallest of an error might lead to a DNF for the team. Hence, every job must be done very carefully and errors must be absent.

V. Finish Line:

A. Finish Desk Verification:

You must report to the finish line desk just as you report to a control point with your racer card and await your racer. As soon as the racer arrives, make sure that a correct time stamp is placed in the record sheet as well as your racer card. You must now submit race card and relevant items to the race desk and check your timing. At this time, you must now go and post about your finish on Social Media!

By

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