

## LEE'S QUICK TIPS FOR CREW

- ◆ Safety is #1 priority at all times.
- ◆ Park off the road at all times unless protecting fallen rider!!!
- ◆ Don't spend too much time beside the rider, talking or handing off.
- ◆ Stop at stop signs and lights — no penalties. Vehicles must stop too.
- ◆ Leapfrog: stay behind the rider about 90% of the time. You won't be much help if you go ahead as soon as your rider passes, go around a turn and your rider breaks down. If the rider is in front of you, you will come upon the rider quickly.
- ◆ When doing leap-frog support, mark turns with crew pointing in correct direction. Park vehicles pointing in direction of turn, if possible.
- ◆ Pedestrian hand-offs while leapfrogging: hold bottle by top or bottom so rider can snatch easily. Running alongside the road may bob the bottle up and down too much for the rider to grab it. Practice hand-offs!!
- ◆ During pedestrian hand-offs position one crew up the road with a water bottle, another crew 100 feet along with a different food bottle — gives rider time to stash the bottles.
- ◆ Rinse bottle mouth pieces if dropped and get under ice immediately.
- ◆ Window hand-offs: driver maintains a straight line, rider moves over to vehicle, navigator leans out as far as possible, take empties first, then hand off full bottles. Practice hand-offs!!
- ◆ When the rider stops, have the rider park the bike in front of the pace vehicle. It's easier to work on the bike at night in front of the van and safer. And no one moves the bike forward except the rider!
- ◆ When a rider re-starts, the crew can't push the rider — but can hold rider upright while getting into pedals
- ◆ Keep the motor running, except for gas stops.
- ◆ Use the trip odometer to keep track of distances between turns and/or between time stations.
- ◆ Keep triangle covered unless actually following rider.
- ◆ Lights: Overhead flashing yellow lights and van emergency flashers *must be on* when following rider. *Never on* when driving at highway speed. Flashing lights may be on when van is stopped.
- ◆ Dim headlights when oncoming traffic or if you are approaching traffic from behind.
- ◆ Cut music when stopped.
- ◆ Cut music, PA when near houses, campgrounds, etc. No complaints!!
- ◆ If your rider hasn't peed twice, drunk 4-5 water bottles, and eaten lots of calories and salt by 12 noon, plan on a DNF!

## CREWING WITH LEE "FUZZY" MITCHELL

### LEE'S QUICK TIPS FOR CREW, CONT.

- ◆ Stop and Eat sheets: record all intake of calories, sodium, and fluid as well as peeing. For stops record time off bike, race location and reason for stop. Remind each other to make entries on Stop and Eat sheets.
- ◆ Salt sources — dill pickles, tablets, V8, tomato juice, Cup O'Soup-type instant soups, cheese, chips, etc.
- ◆ Start with *more* water and ice than you think you'll need. It's cheap and you can always dump it at the finish! Don't break all the ice bags — you may need to move from ice chest to ice chest.
- ◆ Park vehicles so that rider can pee behind door and not be seen from behind. If necessary, use a privacy sheet (keep with TP). Crew must be discreet, too — they can be penalized.
- ◆ Spray water on rider with water bottles. Cheap and easy — but don't spray shorts and crotch.
- ◆ Say "Thank you" and "Please" for the entire race!
- ◆ "Milk" boxes that stack and can store things are good. Label the boxes!
- ◆ Go through the van before the race — everybody must know where everything is.
- ◆ After hand-offs, refill bottles immediately and keep on ice.
- ◆ Put things back where they belong in the pace van.
- ◆ Strip warmers off the rider, then turn clothes right side out before putting away.
- ◆ Wash dark glasses and night glasses before putting away.
- ◆ Dirty rider clothes in one place.
- ◆ At a minimum, take a large (68 qt) ice chest in the center of the van and a small chest up front to hold a few bottles at the ready. Don't drain all water from ice chests.
- ◆ Mix liquid foods in gallon jugs before start. Then just keep two of the rider's bottles filled with each product.
- ◆ Put clear contact paper over names, logos, etc., to attach them to vehicles. Waterproof and protects souvenirs.
- ◆ Take garbage bags.
- ◆ Relay teams practice exchanges a couple of times. Don't need to tag rider, front and rear wheels just need to overlap.
- ◆ If new rider not ready to ride, old rider continues on.
- ◆ Best hill climbers on hills. Change riders at tops of passes — new rider already has warm clothes on.
- ◆ Crews need food, fluids and sleep! If they collapse, the rider is done!!!
- ◆ Crew snooze whenever possible.
- ◆ Crew pee just before dark.
- ◆ If the rider can't stay awake, try a 10 minute power nap or a 90 minute sleep break. Better to finish later than not at all.
- ◆ Trade-off driving at night, if tired!
- ◆ Cheer on all riders and crews!
- ◆ Get reservations at start and finish ahead of time.
- ◆ Put a cash bag in vehicle to buy whatever. Not all small stores take charge cards. Decide if receipts needed — getting them takes time!

**ABOVE ALL, HAVE FUN!!!!!!**

## CREWING WITH LEE "FUZZY" MITCHELL

# EQUIPMENT FOR A 24 HOUR RACE OR RAAM QUALIFIER

### **Bike**

bike  
spare bike  
spare wheels  
pump/quik fill, spare tube & tire irons for start  
speedometer  
heart rate monitor  
aerobars  
headlight  
spare headlight  
taillight  
spare taillight  
headlight extra batteries  
taillight extra batteries  
reflective tape on bike and back-up bike  
reflective vest  
reflective ankle bands

### **Clothing**

2-3 short sleeve jerseys  
arm warmers  
2-3 pair shorts  
knee warmers/light tights  
wool leg warmers/tights  
rain pants  
polypro undershirt  
wool/heavy jersey  
thermal vest  
windbreaker  
raincoat  
helmet  
1-2 cycling caps  
1-2 sweatbands  
polypro balaklava  
winter hat  
2 pair cycling gloves  
glove liners  
winter gloves  
rain mitts  
2-3 pair light socks  
1-2 pair wool/heavy socks  
cycling shoes  
second pair of shoes, one size larger in case feet  
swell  
booties/toe warmers  
sunglasses  
clear glasses  
prescription glasses

spare glasses

### **Medical**

medical insurance card  
prescription medications  
sunscreen  
Chapstick  
Bag Balm/Vaseline  
Nupracanal (to deaden bad saddle sores)  
ibuprofen  
Tums  
NoDoz  
liquid Malox  
mouthwash  
toothbrush/paste  
Mylanta  
salt tablets

### **Personal**

street clothes  
walking shoes  
alarm clock  
toiletries

### **Pace/Support Vehicle**

roof bike rack  
yellow rear flashing lights  
slow moving vehicle triangle, magnetic  
Caution Bikes Ahead signs  
CB-PA system (optional)  
external music system (optional)  
rider's CDs/tapes (optional)  
cell phone (optional)  
FM (car to car) radios (optional)  
rider to car radio (optional)  
flashlights  
keys for all vehicles for all crew  
clipboards  
highlighters to mark turns on route sheets  
indelible marking pen  
pens  
pads of paper  
maps  
calculator  
stop & eat sheets  
money/credit cards in money bag  
camera/film  
first aid kit  
paper towels

## CREWING WITH LEE "FUZZY" MITCHELL

### EQUIPMENT, CONT.

garbage bags  
handi-wipes  
toilet paper  
privacy sheet  
sleeping bag  
pillow  
wash cloth  
safety pins  
neck ice socks  
signs with rider number / totem  
sponsor signs  
clear Contact paper to put signs on van  
milk crates (labelled) to store supplies  
emergency flares  
small shovel  
fire extinguisher  
jumper cables  
bungee cords  
car jack  
extra fuses

#### **Food and Drink**

large ice chest to hold gallon jugs of liquid food  
feeder ice chest between front seats  
Camelbak  
spare Camelbak  
spare bladder  
2 - 4 24 oz bottles for water  
4 - 8 16 oz bottles for liquid food / electrolyte,  
label each with indelible marker  
ice (more than you think you'll need)  
gallon jugs of water with screw lids  
powdered food, *pre-measured* either into gallon  
jugs or into plastic bags, to be mixed on the  
road  
sources of salt: V-8, salt tabs, dill pickles  
crackers (assorted)  
cookies (assorted)  
fruit (assorted)  
energy bars (assorted)

chips/pretzels (assorted)  
sandwiches, pre-made or supplies:  
bread  
turkey / ham  
cheese  
mustard / mayonnaise  
peanut butter  
jam  
thermos(es) with hot water  
Cup O'Soup  
thermos(es) with coffee/tea  
sodas  
crew food and drinks  
Ziplock bags  
12v hot water heater (optional)

#### **Bike Parts**

2 spare tires  
4-6 spare tubes (long-stem?)  
floor pump  
tri-flow  
allen wrenches  
screw drivers  
pliers  
needle-nose pliers  
bottom bracket wrench  
headset wrenches  
pedal wrench  
cone wrenches  
tire irons  
chain whip  
English/metric measuring tape  
bike set-up dimensions, including how mea-  
surements are made  
duct tape  
chain tool  
spare chain  
spare brake & derailleur cables  
LoTite  
spare cleats

### GET THE COMPLETE "CREWING WITH FUZZY" MANUAL

Give a six month crew membership in the UMCA to your crew chief: three issues of *UltraCycling* magazine, plus *Crewing with Fuzzy* for only \$20.

Go to: [www.ultracycling.com/about/crew\\_membership.html](http://www.ultracycling.com/about/crew_membership.html)