



BCBR 2009 Being Fit to Race

As a participant in this race, you may be subject to extreme weather conditions: temperatures ranging from freezing to 45°C; prolonged sunlight exposure; possible sudden cold-water immersion (see wavier for a more in-depth description of risks). We operate in remote locations with difficult or impossible access to medical care. You may be injured or ill on the race course without help for multiple hours or longer.

So, you need to be fit to race!

Our race is a challenging 7-day test of endurance that is doable by healthy, moderately fit to very fit individuals. If you have any concerns or questions regarding your current health status you should have a physical assessment from your doctor – be sure to explain what you are about to attempt.

Some conditions that may be adversely affected by a 7-day bike race include:

- Asthma
- cardiac (heart) conditions
- Anaphylaxis (life threatening allergies)
- Diabetes or other metabolic disorders
- those taking medication such as coumadin warfarin or others drugs that may make you susceptible to uncontrolled bleeding
- those with a recent history of head trauma (concussion)
- uncontrolled seizure disorders
- those taking antipsychotics who are not stabilized and/or have have gone through recent does changes. BC Bike Race is not a rehabilitation program; it is neither a place to quit smoking, drinking or drugs nor to deal with behavioural or psychological problems
- those who have subject to fainting or "dizzy" spells

Bring medication - both prescription and non-prescription - that you will need during the race:

- This medication **must** be carried with you each day during the race.
- List name of the drug, detailed dosage and frequency instructions on the outside of each container.
- Ensure that the medication has not expired!

- Check with your doctor/pharmacist and find out if there are any side effects, contraindications or storage considerations for the medication and bring this information with you.
- Pack the medication in a waterproof/sun proof container.
- For team racers: bring twice as much medication as you are required to take for the entire length of your trip, in two separate containers. Give half to your race partner in case you lose yours as it is possible to get stuck out for many hours or even days in the BC wilderness.

Tetanus Shots

Contrary to popular belief, tetanus does not come from rust. It does, however, live in dirt! Yep, even BC dirt! And, if you don't get even a little dirty cut during the race you're doing something wrong! It is mandatory to have a current tetanus shot (within the last 10 years) to ride in the BCBR.

"Tetanus is caused by the bacterium *Clostridium tetani*, the spores of which are widespread in the environment. The disease is caused by the action of a neurotoxin, produced by the bacteria when they grow in the absence of oxygen, e.g. in dirty wound. Tetanus is characterized by muscle spasms, initially in the jaw muscles. As the disease progresses, mild stimuli may trigger generalized tetanic seizure-like activity, which contributes to serious complications and eventually death unless supportive treatment is given."

<http://www.who.int/topics/tetanus/en/>

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BC Bike Race