



COURSE SAFETY at the BIG BEND MOUNTAIN RAMBLE

At the Big Bend Mountain Ramble, we have consistently gone to great lengths to make the sure that the every possible measure is taken to look out for the well-being of our competing athletes, and to make our race as well-prepared as any in West Texas. Among the provisions we make – both large and small – are the following:

- The Start/Finish Area of the Big Bend Mountain Ramble is exactly 13.08 miles from the Emergency Room door of the Big Bend Regional Medical Center, a fully equipped and staffed regional hospital. That's a drive of approximately 15 minutes when traveling at the speed limit. It's also considerably closer to a full medical facility than a number of other cross-country courses in West Texas. We have several Suburbans around the Start/Finish Area that are continuously available for evacuating any injured athlete who requires transportation to BBRMC.
- Every race in the Big Bend Mountain Ramble is followed by a full-sized pickup carrying an athletic trainer, medkit and a defibrillator, and water and recovery drinks. The truck is in constant radio contact with the finish line, as well as several monitors positioned at various points on the course. No other XC race in West Texas uses a full-sized, and fully supplied, support vehicle. Any injured runner could be brought in from anywhere on the course in a matter of only minutes, while receiving aid in the vehicle.
- The midpoint and highest point on the course – the "Eliminator" hillclimb – is staffed with volunteers who provide water hand-ups, and who are in radio contact with the Start/Finish.
- We have a volunteer Registered Nurse and a First Aid station at the Start/Finish Area.
- A Race Recovery Area at the Start/Finish provides water, Gatorade, Clif Bars, and fresh fruit to the runners for their post-race recovery.

We strive to put on a race that is as well-prepared, well-supported, and as challenging and exciting for the runners, as we possibly can. We don't cut corners on the quality of our race or the safety of our kids.