

Pre-Event Briefing

APRIL 2022



<https://vimeo.com/cineoutlaws/e5trailer>

10 year anniversary event!

thank you

STAFF



Rebecca Morgan
Onsite Race Director



Chris Brennan (USA-NJ)
Race Director



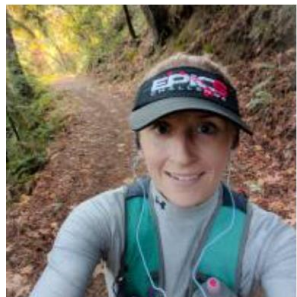
Scott James (USA-OR)
Assistant Race Director & Lifeguard



Amy Harpstrite (USA-HI)
Medical (Oahu)



Colin Cross (USA-HI)
Photographer (Bike Mechanic)



Heidi Buttery (USA-CA)
Social Media + Big Island



Jessie Juntunen (USA-WI)
Medical (Kauai-BI)



Kawika Carlson (USA-HI)
Run Course Director & Course Marshal



Kris Hohulin (USA-OR)
Medical



Mark Naphin (Canada)
Water & Bike Support



Mike Flartey (USA-H)
Bike Mechanic (Oahu, Maui)



Peter Jurt (Canada)
Assistant Run Course Marshal



William Medina (Puerto Rico)
Timing



Yao Kazato (USA-CA)
Bike Mechanic (Kauai-BI)

#1 priority is safety

TOP PRIORITY FOR EVERYONE AT ALL TIMES: Athlete Crew Staff

Follow the rules of the road. NOT a closed course

Reflective vests for all – put on at sunset, required when it's dark.

Red blinky lights & headlamps at sunset (or before sunrise)

Crew sleep / be functional

Course may change if we find conditions unsafe

Take a time out if needed

#2 priority is have an epic experience & get to the finish line

Amazing Race meets Ironman, Ultraman etc

Detailed guidebook

Primary focus is on athlete – but please check in with each other too.
We are all human and this event will stretch everyone.

Ask questions

One ohana – help each other

You WILL get tired. You MAY want to quit or stop

- Remember the investment you've made - both time & financial.
- If it was easy everyone would be doing it. This may be one of the hardest things you've ever done. This is why you signed up. Dig deep. Remember your why.
- If you want to stop because you're injured - that's one thing
- If you want to stop because you have an aggravation - to be expected, keep going
- If you want to stop because you're tired - MENTAL STRENGTH draw upon your crew's support
- If you are unable to continue, please stay with the group.
- Please SBR when you can, either full or partial distances.
- Please support your fellow athletes.
- Crew should contact Rebecca or Scott if an athlete is reaching the point of wanting to quit
- We are ohana - family, whether you finish or not. We're all in this together.

Daily starts

We start together

Published start time is a goal not a hard rule but we will do our very best

Daily morning medical check in (athletes)

Chief or water support: Help athlete stay focused, on track & ready to swim (wetsuit, bodyglide, nutrition)

Logistics Mgr: get ice, food replenishment, meal prep

Driver: study the course, get clarity on the directions you'll be giving the athlete

Daily check in mtg (staff/crew) – After athletes get in water. Minimum one crew representative

Crew cars

Safety is #1

Leap frog method

No direct follow

Do not impede the flow of traffic (IMPORTANT)

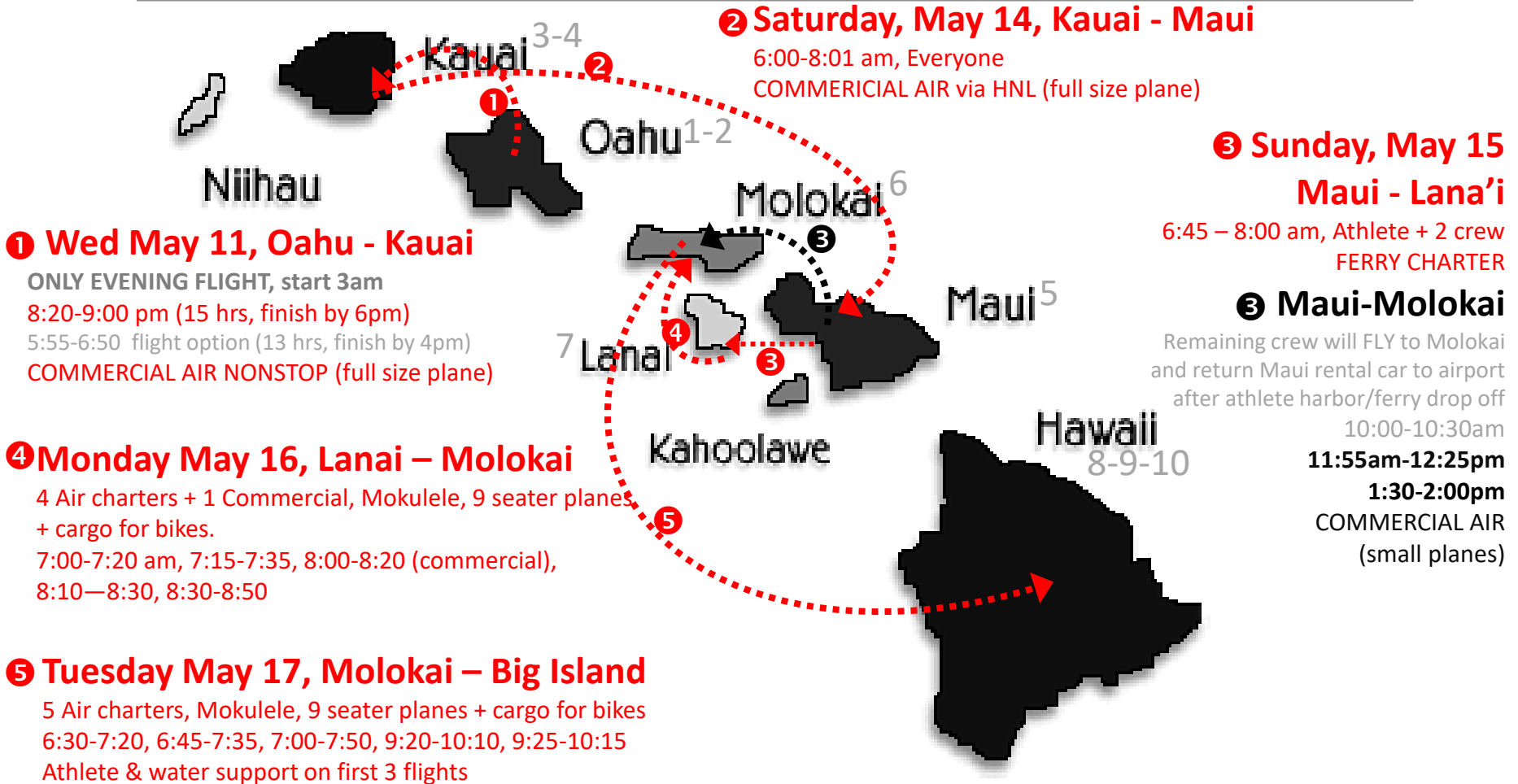
Pull over far enough so other athletes/bikes can pass

Don't turn around in personal driveways

Late night/early morning crewing – be conscious of noise if in neighborhood

Combination of both commercial + chartered, flights + ferry

Interisland Travel - UPDATED



TEXT ALERTS



At least one crew member is required to join the EVENT ALERT NOTIFICATIONS by texting **EPIC5** to **84483**.

This will be our primary method of communicating key reminders and important updates with our group during the event.

One way communication, will not get replies

For those doing the classic distance, you may wish to wait until night before start day to register but up to you.



10 YEAR ANNIVERSARY EVENT



Magnets

1 event magnet per athlete

Don't forget when turning car in

Optional to use or not, representing the event

Position on car door

One 1-2 name per athlete

Position on back of car for visibility

1 safety magnet per team

Position on back of car, material permitting

REMOVE IN MAUI AT NO MAGNET SECTION

PLEASE ADHERE TO THE LUGGAGE RULES

ANY EXCEPTIONS PUT THE ATHLETE'S GEAR AT RISK OF BEING DELAYED

Luggage

CREW

2 carry-ons (duffle bag + backpack). No checked luggage.



No hard shell or roll on suitcases.

Very small planes → hard shell roll on suitcases do not fit overhead or under the seats. They will need to be gate checked and stored in the cargo space which will impact checked luggage space. We need as much cargo space as possible for the bike boxes and athlete gear.

ATHLETE 4 checked luggage = 1-2 suitcases + 1 bike box + 1 cooler, provided by event



1 carry on large 40L waterproof backpack, provided by event
1 carry on bag from home

Medical

Kris (nurse) – full event

Amy (MD/pediatrics) – Oahu

Todd (PT) - Kauai day 1

Jessie (MD/sports medicine dr) – Kauai day 2 through end

Each staff car will have a small medical kit – bandaids, gauze, tape, rolaids, moleskin/scissors, electrolytes, Tylenol, advil

Kris, Amy, Todd & Jessie will have larger medical kits

NSAIDs – will not distribute to athletes due to risks. Please consult w/your doctor. Crew/staff ok (headache, cramps etc)

Non-emergency – call medical

Emergency – CALL 911

Reminders

- DO NOT LOSE YOUR GUIDEBOOK
- We do not have spares
- Maps are online
- MAGNETS - assign someone (driver?) to remember to collect
- We do not have spares
- Pace yourself, NOT A RACE, going for endurance not speed
- There are no winners or losers or 2nd place 3rd place, goal is simply to finish
- Empty cooler of ice before checking it on flight.
- OK to take food, fruit, pack in cooler & tape up

2 forms

BIKES - <https://forms.office.com/r/L4Fn5r6eGr>

David

Pra

Toni

FINAL QUESTIONS - <https://forms.office.com/r/p9VdfLHv9t>

JD

David

Pra

Toni



Questions?

ORGANIZATION & PREPARATION ARE KEY

RELEVANT SLIDES WILL BE INCLUDED IN YOUR PRINTED
EVENT GUIDEBOOK.