

RAAM 2026 – First Time Crew Member Survival Guide

Team Kabir

1. What is RAAM

RAAM (Race Across America) is a 3000-mile non-stop bicycle race from Oceanside, California to Atlantic City, New Jersey. The race runs 24 hours a day continuously. For team divisions, the time limit is 216 hours (9 days). The race is more about logistics and crew management than cycling alone.

2. Crew Mission

Your job as a crew member: 1. Keep the rider safe 2. Keep the rider fed and hydrated 3. Keep the rider on route 4. Keep the rider on schedule 5. Keep the team calm and organized

3. Vehicles

Follow Vehicle – Drives behind rider (especially at night) Shuttle Vehicle – Transports riders and equipment RV – Sleeping, food, logistics (cannot follow rider directly)

4. Day vs Night Rules

DAY: Leapfrog support (drive ahead, stop, support rider) NIGHT: Follow vehicle must stay within 30 feet behind rider with lights and safety equipment.

5. Time Stations

Time Stations occur every 50–100 miles. Crew must call Race HQ and report arrival time, rider number, and rider status.

6. Rider Nutrition

Per hour typical needs: Carbs: 60–90g Water: 500–750ml Sodium: 500–1000mg Calories: 250–350 kcal

7. Common Problems

Dehydration, saddle sores, hallucinations, Shermers' neck, knee pain, sleep deprivation, navigation mistakes.

8. Crew Shift System

Crew usually work in shifts (example 6 hours on / 6 hours off). Drivers must always be well rested.

9. Night Follow Procedure

Hazard lights on, amber lights on, headlights on rider, follow within 30 ft, communicate with rider regularly.

10. First Meeting Questions

What is my role? Which vehicle am I in? What are my shift timings? Who do I report to? Who handles Time Station calls? Who handles nutrition? What is sleep strategy?