

To Whom It May Concern,

Your patient, \_\_\_\_\_, has chosen to participate in the Desert RATS race from June 17-23, a 150 mile adventure race through Southern Colorado and Utah. Participants will engage in strenuous, extended physical exertion through the environmental extremes of an arid, summer desert climate. Locations will be remote, and access to health care limited.

We respectfully request your assistance in ensuring the health and safety of both participants and race staff by addressing the following pre-participation requirements:

1. Complete the attached pre-participation form in coordination with an appropriate history, physical, and any additional diagnostics deemed relevant.
2. Ensure up to date immunization status (specifically tetanus within 5 years).
3. Ensure an adequate supply of all current medications.
4. Food and water borne illness is possible. Please provide appropriate counseling and prescription medications for patient-directed recognition and treatment of common GI illnesses among travelers. We recommend ciprofloxacin 500mg (6 tabs), loperamide 2mg (10 tabs), and ondansetron 4mg (10 orally disintegrating tabs).
5. Provide appropriate counseling for the prevention of race/environmental related illnesses (ie. sunburn, heat stress and heat illness, dehydration, electrolyte imbalance, etc).

If your patient has any known medical problems which may limit or restrict their participation in Desert RATS (such as structural cardiac abnormalities, arrhythmias, uncontrolled hypertension, seizure disorder requiring medication, or history of previous heat injury which elevates risk of a repeat injury), we ask that you perform any testing deemed prudent (EKG, stress test, echo, renal or hepatic function, etc), and indicate your recommendations regarding participation on the attached form.

Thank you for your assistance in making this event safe and enjoyable for all involved.

Sincerely,

Dr. Jeremy Joslin, MD  
Desert RATS Medical Director