

ROCKY'S BACKYARD ULTRA RACE GUIDE – UPDATED 3/20/22

THANK YOU FOR WANTING TO JOIN US HERE IN LINCOLN COUNTY NEVADA FOR THE ULTIMATE CHALLENGE OF THE BODY AND BATTLE OF THE MIND, FOR ROCKY'S BACKYARD ULTRA.

~ RURAL NEVADA HAS SO MUCH TO OFFER >> GHOST TOWNS, HISTORY, BEAUTIFUL SCENERY, & EASY-GOING LIFE ~

WHAT IS A BACKYARD ULTRA?

Participants will run a 4.1667 mile loop every hour until only one person is standing. You have one hour to finish the loop once it has started. If you finish a loop within the hour, you may start the next hour's loop provided you are in the start corral when the next hour starts. If you do not finish within the hour, you are out of the race and considered a DNF.

RULES:

- You may have a small crew of 2 people and set up at the race starting area, aka a pit stop area.
- All runners are required to be in the starting corral before the top of the hour.
- We will give you a 3 minute, 2 minute, and 1-minute warning to get lined up for the next loop.
- Failure to line up in the starting corral will result in disqualification of the runner. Participants must start a new loop at the sounding of the bell starting the loop.
- Absolutely NO late starts will be allowed.
- Once you are on the course, you are not allowed any aid from your crew or any other individual.
- No non-competitors on the course (including eliminated runners). Except for restrooms, competitors may not leave the course until each loop is completed.
- Runners are responsible for their aid on course.
- You must be on and stay on the course unless you need to use the bathroom.
- No artificial aids (including trekking poles) are allowed.
- Once you are back to the start and assuming you have finished within the hour, you may use the bathroom, eat, drink, sleep, ponder the next loop, etc., but you MUST be back in the start corral at the beginning of the hour to continue into the next hour's loop.
- Runners will continue until ONE runner completes a FINAL lap. (i.e. If there are two runners left and one does not complete the loop, then the one that completed the loop will be declared the winner).
- The time needed to complete the loop does not matter, only that the runner be back at the start before the hour expires. Upon successful completion of the loop, all runners are considered "tied". Speed does not matter in this event.

- If no runner can complete one more loop than anyone else, there is no winner.
- No pacers whatsoever.
- Stay on the course.

WHERE & WHEN:

CATHEDRAL GORGE STATE PARK, PANACA NEVADA -Group Use Area

APRIL 16TH, 2022

RACE START AT PRECISELY 8:00 am

THE COURSES:

There will be a day course and a night course.

***Day Course* is a loop course and about 25% road running & the other 75% will be MTB single track / hiking trail. Day course has approximately 292 ft total climbing. The uphill is gradual in between miles 1.5 to 2.5 (approx.) and has downhill / straightish areas in between. The course starts out on road for approx. 1.5 miles, then turns into trail running to finish. After mile 2.5, it is downhill / flat trail running.**

***Night Course* is an out -n- back course and the opposite than day course, it will be 75% road running & 25% dirt road / trail running. The course starts out on road, easy running. Approximately mile 1.5, course turns to grated gravel road for about a quarter of a mile then runners will run about a half of a mile of trails within the park, turn around and run same course back to start/finish. This course has approx. 117 ft in total elevation gain.**

***Both courses are within the state park and there could be some small amount of traffic. There will be signage for drivers but as a runner be mindful to the road and drivers / non-competitors.**

AWARDS:

- ❖ **The last runner standing will receive a unique award, along with the runner who makes the assist.**
- ❖ **All runners will receive a DNF (Did Not Finish) medal/coin for their participation.**
- ❖ **All runners will receive a long-sleeve t-shirt with their entry fee. In order to be guaranteed a shirt, all participants must be registered by March 30th, 2022.**

FEES:

\$95 - Early Registration till January 30th, 2022

\$115 - April 1st – April 13th, 2022

THINGS TO KNOW:

- Registration Closes on April 13th at end of day! No Race Day Registration. Race Director and State Park will need to have a count of participants & crew and have plenty of time for set up and so forth.
- Registration comes with one night of dry camping at state park, the night of the 16th. This fee also includes day use and parking in the park.
- If you decide to camp the night before, you will be responsible for that fee.
- Full hook-ups at park are available for \$25 a night or additional \$10 on top of dry camping fee, that comes with fee. All sites are first come first serve.
- Race starts at 8 am, precisely, there will be plenty of time to set up prior to race or the night before.
- Any spectators driving their own vehicles will need to pay the standard day use parking/camping fees.

- No alcohol.
- For night running, on the 16th there is supposed to be a full moon and the pavilions have plenty of lighting, but it is recommended that you bring/run with your own lighting. Night course will be marked with glow sticks and reflective arrows.
- If you DNF, please if you and your crew have a camp set up close to the start/finish, please kindly pack up shop so that the remaining competitors may move closer to start/finish area. Feel free to relocate wherever you want — just leave the start/finish area open for the remaining athletes and their support teams.
- DNF runners are encouraged to continue to watch and support other participants still in the races.

AMENDITIES:

- Group use area that race will be held has restrooms, showers, water, and plenty of room for dry/tent camping.
- Two covered pavilions, with picnic tables one for timing and the other for runners to charge devices, eat, relax.
- The timing area also will have power outlets for charging of your phones/watches.

AID STATION:

The race will provide an aid station at the start/finish pavilion with water, soda, Tailwind Nutrition, fruit, and some food items. No aid stations are provided along the course, (but of course, you'll be returning to the start regularly), this is one of the requirements of the race.

Runners are encouraged to bring preferred food and beverage as needed for an endurance race.

PACKET PICK-UP/CHECK-IN:

I, the race director, will be at the start group use area the day/night before setting and finishing up any last-minute details. Race-packet pickup will be available at 6:00 am on Friday the night before the race. Those who are not camping will be able to pick up their race packets the morning of the event from 6:00 am to 7:00 am.

You are welcome to join me Friday night, again there will be plenty of room for tents/dry camping with 2 fire pits. We will sit around the fire and talk of conquering the backyard race.

HISTORY OF THE BACKYARD ULTRA EVENT:

The Backyard Ultra was invented by Lazarus "Laz" Lake who has been hosting Big's Backyard Ultra in his own backyard (and with his dog, Big) since 2011.

As that race has grown in popularity, a number of affiliated races with identical rules sprang up all over the world. These races have been organized into a world championship with the winner of any race earning automatic entry to the next level, (bronze, silver, and gold). And the original Big's Backyard Ultra is now a world championship race.

In 2019, after Maggie Guterl (60 loops, 250 miles) defeated golden ticket winners from all over the world. The pandemic also caused Big's Backyard to adapt and reinvent itself. Unable to hold a unified world championship in 2020, instead 21 Satellite National Championships were held. Courtney Dauwalter won the US championship (68 loops, 283.33 miles) and Karel Sabbe won the Belgian championship (75 loops, 312.5 miles). At Big's Backyard Ultra in 2021, Harvey Lewis won the world championship and set a new world record (85 loops, 354.17 miles).