

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. RD will show areas to set up upon check-in.
- 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 via whistle. 3 whistle blows for 3 min, 2 whistle blows for 2 min, & 1 whistle blow for 2 min.
- 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 carrying their aid on course like, water & snacks. No aid stations will be 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.
- No non-competitor pacers allowed. You may, as participants run / pace with each other.
- 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 or start 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.
- Stay on the course.
- Once in the starting corral, no aid allowed, please come into the starting corral ready to run with what you have, no handing off anything to your crew members while you are in the starting corral.
- All competitors must be wearing their bib at all times while still running and please wear in the front so RD/timers can see it.

WHERE & WHEN:

CATHEDRAL GORGE STATE PARK, PANACA NEVADA -Group Use Area

APRIL 1st, 2023

RACE START AT PRECISELY 8:00 am

THE COURSES:

There will be a day course and a night course. The day course will start at 8am on the 4/1/23, then night course will start at 6pm till 7am next day 4/2/23.

***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. Day Course will be marked in green ribbon, green flags, green signage.**

***Night Course* is an out -n- back course and it will be 90% road running & 10% dirt road. The course starts out on road, easy running. The course follows the day course to Hawk Ridge Trail but for the night course there is a turn around and run the road to mile 2.22, course turns to grated gravel road for about a quarter of a mile then another turn around point and run the road same back to start/finish. This course has approx. 115 ft in total elevation gain. The Night Course will marked in pink ribbon, pink flags, pink signage with reflective tape and glow sticks.**

***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 & SWAG:

- ❖ **The last runner standing will receive not only the smile of accomplishment of being the last, they will take home the official bell that starts each yard/lap.**
- ❖ **All runners will receive a DNF (Did Not Finish) medal for their participation.**
- ❖ **All runners will receive an event sticker and a custom event t-shirt with their entry fee. T-shirts will list all runners names and made after race event. Tees will be shipped out a few weeks after race event.**
- ❖ **All runners will receive 2 custom bibs, one to put on shirt and one for a jacket, for example.**

FEES:

\$65 - Early Registration till January 1st, 2023

\$85 - January 1st – March 28th, 2023

THINGS TO KNOW:

- Registration Closes on March 29th 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 1st. 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 while competing.
- For night running, the pavilions have plenty of lighting, but it is required 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. The grassy area doesn't allow tents.
- 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 up and finishing up any last-minute details. Race-packet pickup will be available at 6:00 pm 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.

WEATHER:

As of Monday 3/27/23, weather shows for Saturday 4/1/23 a low of 35 degrees and a high of 56 degrees. If race goes into Sunday 4/2/23, weather shows a low of 38 degrees and a high of 60 degrees. It shows a decent runnable weekend.

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).

The Road to BIG's!

We run in the backyard for many different reasons. We run because it is fun. We run to socialize with our friends (old and new). We run to go further than we have ever gone before....

But, for many of us, we run because we want to eventually go to Big Dog's Backyard, and pit ourselves against the best in the world. And why should we not harbor such ambitions? In the backyard, anyone can win. One of the fundamental imperatives for any sport is to leave the outcome in the hands of the athlete. And so we want it to be in the backyard. Your road to Big's is attached. Along the way is the opportunity to represent your country on a national team, to compete for a national championship... and, of course, a clear path to reach the world championships in Big Dog's Backyard.

Backyard Ultra – World Individual Championship Big's Backyard - 2023 Individual Championship, Bell Buckle TN

October 21, 2023

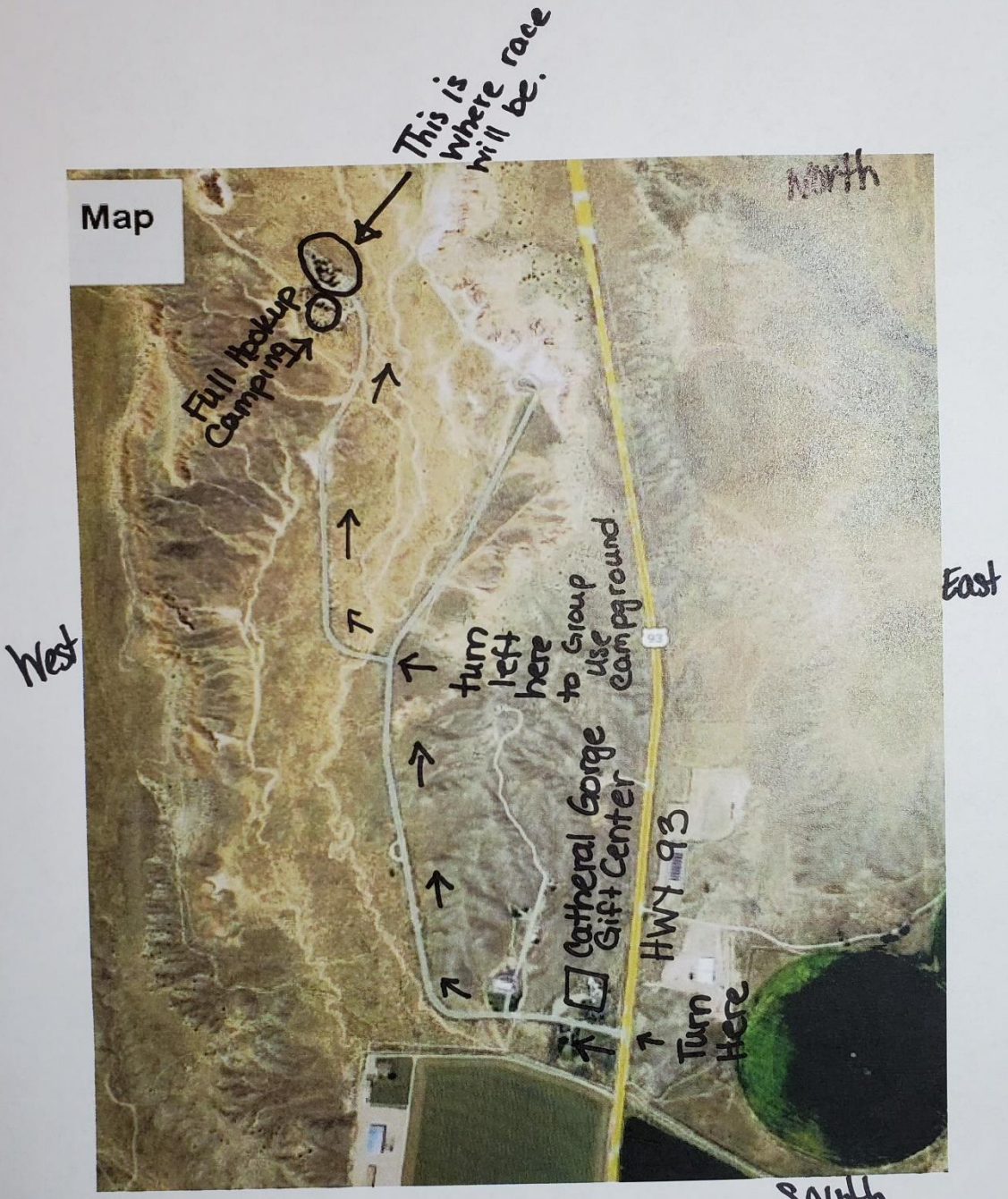
The top 50 winners of the national championships will secure berths at the World Individual Championships to be held at Big Dog's Backyard starting October 21, 2023. In addition to those champions, there will be an additional 25 runners selected from the At-Large list (75 total) ... the top performances of the previous 2 year qualifying period (**August 16, 2021 to August 15, 2023**).

As of right now, 75th place on the At-Large List sits at 52 yards.

***Rocky's Backyard Ultra is a bronze ticket race. Winner of RBYU has a registration spot reserved for him/her at Saguaro Showdown Backyard Ultra in Mesa, Az on January 20th, 2024. Their entries fees run \$125 for early registration & \$150 after July 2023. Rocky Road**

Adventures would like to help pay for RBYU winner's registration into silver ticket race by offering to pay 50% of entry fee. Once RBYU event grows with more registrants, RRA will pay 100% of winner's entry fee into silver ticket event. The road to Big's starts here!

Overview of parking and how to get to camping/start/finish check-in area!



Map

This is where race will be.

Full Hookup Camping

turn left here to group use campground

Cathedral Gorge Gift Center

HWY 93

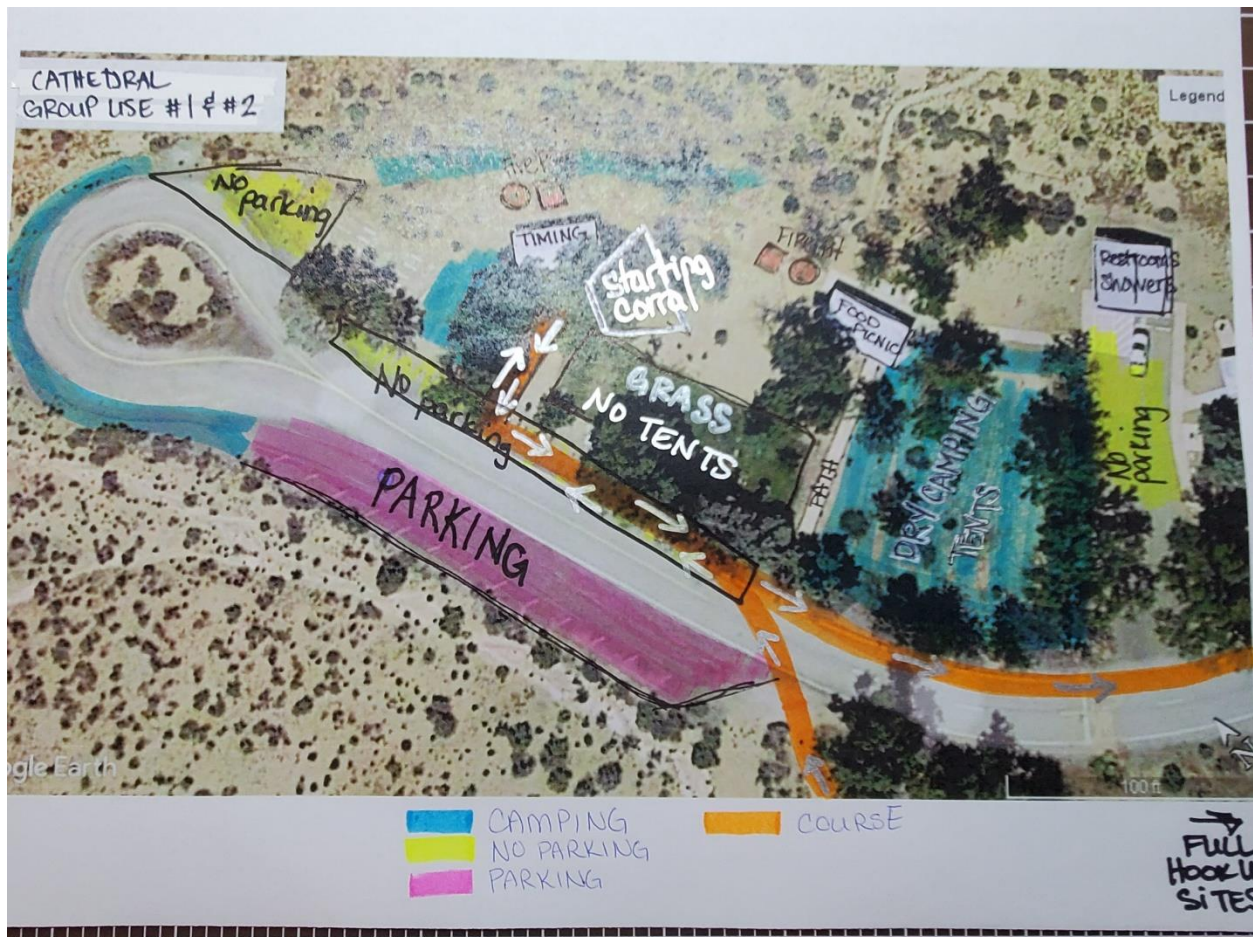
Turn Here

West

East

South

Cathedral Gorge State Park
Panaca NV



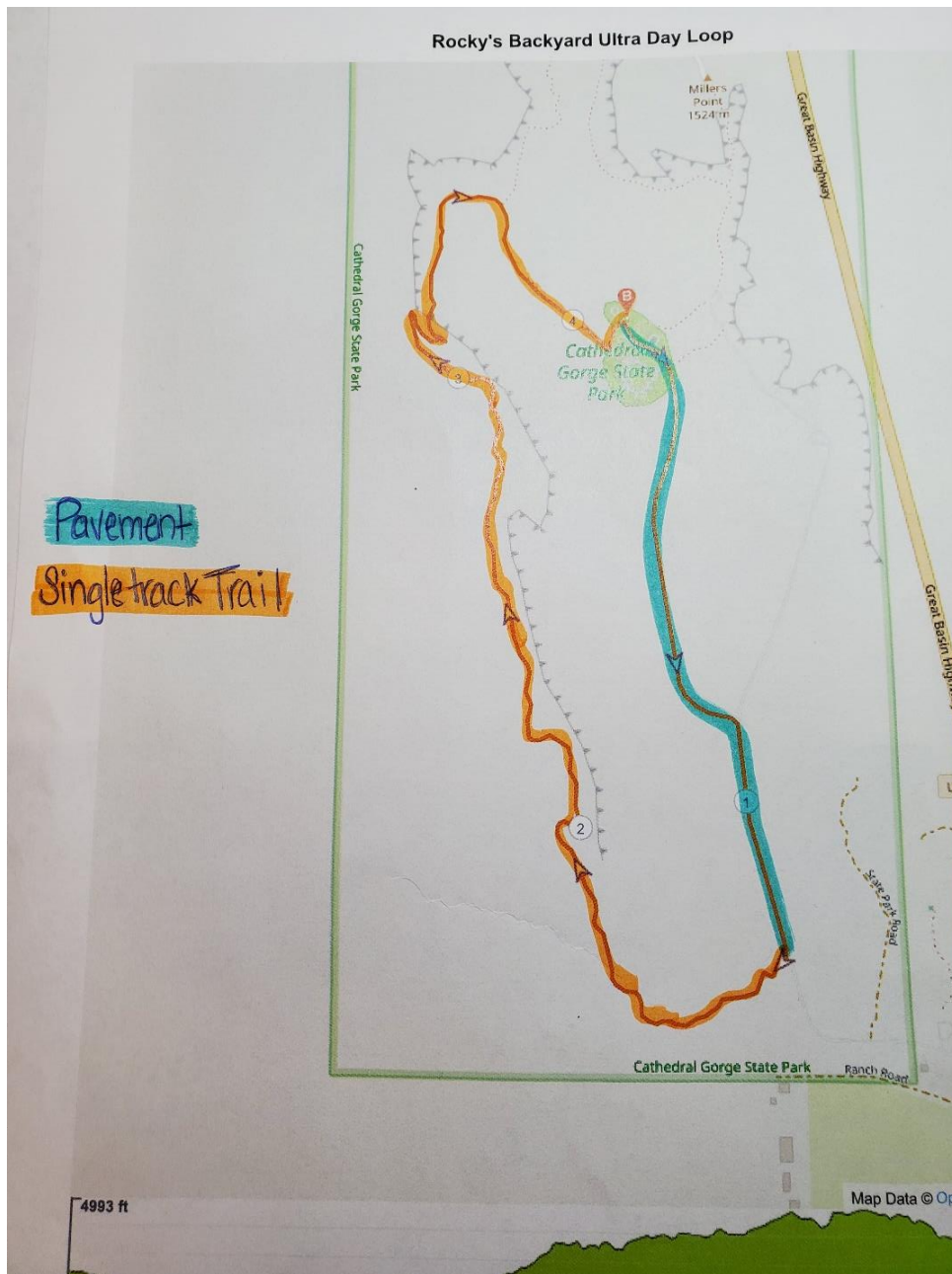
Blue – camping, dry camping *the blue highlighted on circle turnaround can be dry camping with vehicle. The blue highlighted by restrooms in tent camping only, no parking.

Yellow – no parking, especially not on course

Pink – parking

Orange – course

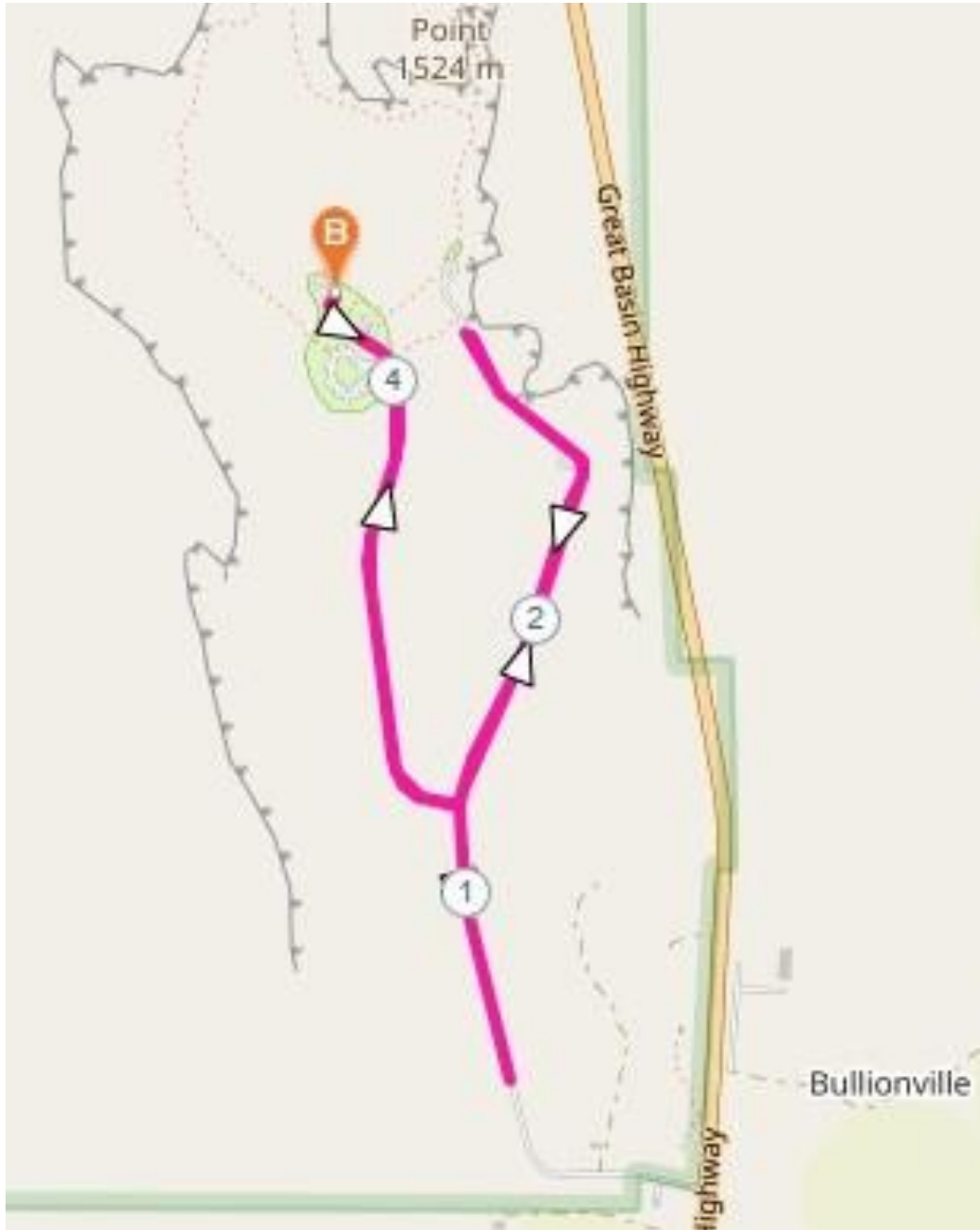
White – structures, like, restroom and covered areas, timing start / finish



Green is day loop – green marker ribbons, green arrows & signs, green ground flags

Pink is night loop – pink marker ribbons, pink arrows & signs, pink ground flags – all with reflective tape. Wearing lighting for night loop is mandatory.

Day loop map showing pavement and trail, approx. 25% pavement, 75% trail



Night course showing pavement, dirt road, trail. Approx .50/.75 mile of trail, no climbing