CAPPY'S BACKYARD ULTRA RACE GUIDE – UPDATED 3/27/27

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. You may leave course to use the restroom.
- 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 within hr 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/s 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 always be wearing their bib while competing and must wear in the front or left side of pant leg so RD/timers can see it. Your bib # is how we clock you.

WHERE & WHEN:

CATHEDRAL GORGE STATE PARK, PANACA NEVADA -Group Use Area

111 Cathedral Gorge State Park Rd, Panaca, Nv 89042

MARCH 27th, 2027

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 3/27/27, then night course will start at 6pm till 7am next day 3/28/27, and so forth.

***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. 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 orange ribbon, orange flags, orange signage with reflective tape and some lighting.**

~ 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.

**** Night course will require runners to wear some sort of lighting and reflective on back of your person.**

AWARDS & SWAG:

- **The last runner standing will receive not only the smile of accomplishment of being the last, they will take home a custom made small shovel.**
- **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 1 custom bibs, one to wear on front of runner apparel at all times while in event.**

FEES:

$95 - APRIL 2026 – MARCH 24th,2027 @NOON – NOTE: No Late or Race Day Registration

THINGS TO KNOW:

- **Registration Closes on March 24th, 2027 at noon! No Late or 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 27th. 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/$30 a night. All sites are available for reservations at https://reservenevada.com/nevadaweb/. Registration does not cover full hookups, you sign up online and responsible for that fee.**
- **Race starts at 8 am, precisely, there will be plenty of time to set up prior to race or the night before.**
- **There are no refunds for this race. Please see policies for details if you can't make it to a race. If a runner is a no-show on race day, they forfeit there entry for further race credit.**
- **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 and wear something reflective on back. Night course will be marked with reflective tape on ribbons, flags, & signage.**
- **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 race.**

AMENDITIES:

- **Group use area that race will be held has restrooms, showers (one set of showers do require quarters, the other does not), 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 a small amount food at aid station at the start/finish pavilion with water, soda, Tailwind Nutrition, fruit, and some food items (mashed potatoes, tortillas, refried beans, cheese, peanut butter, honey, jelly, Nutella, chicken broth, toproman noodles, pickles). 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 your own preferred food and beverage as needed for an endurance race.

PACKET PICK-UP/CHECK-IN:

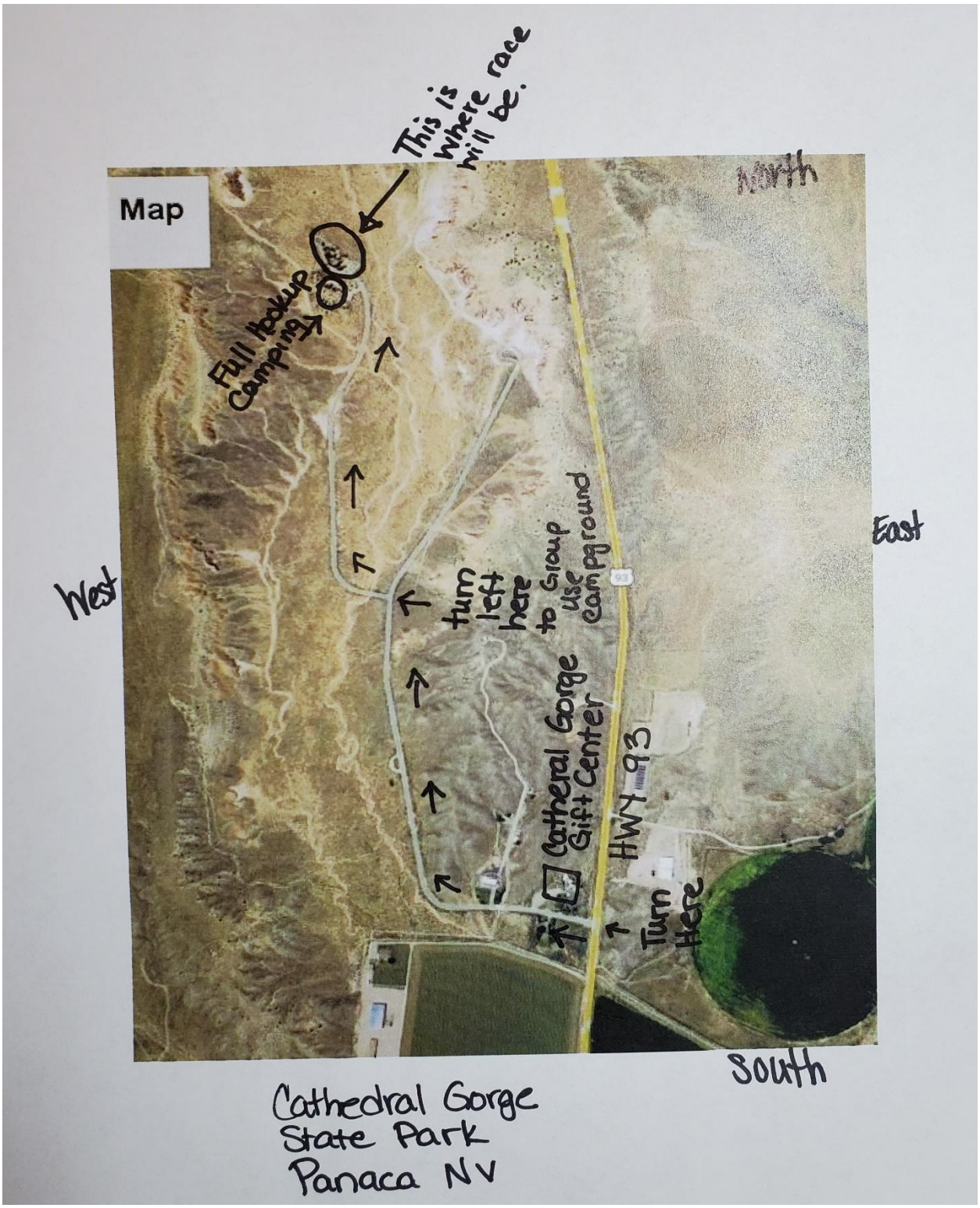
I, the race director, will be at the start group use area the day/night before (Friday the 26th) setting up and finishing up any last-minute details. Race-packet pickup will be available at 5:00 pm on Friday the night before the race. Those who are not camping will be able to pick up their race packets the morning of the event from

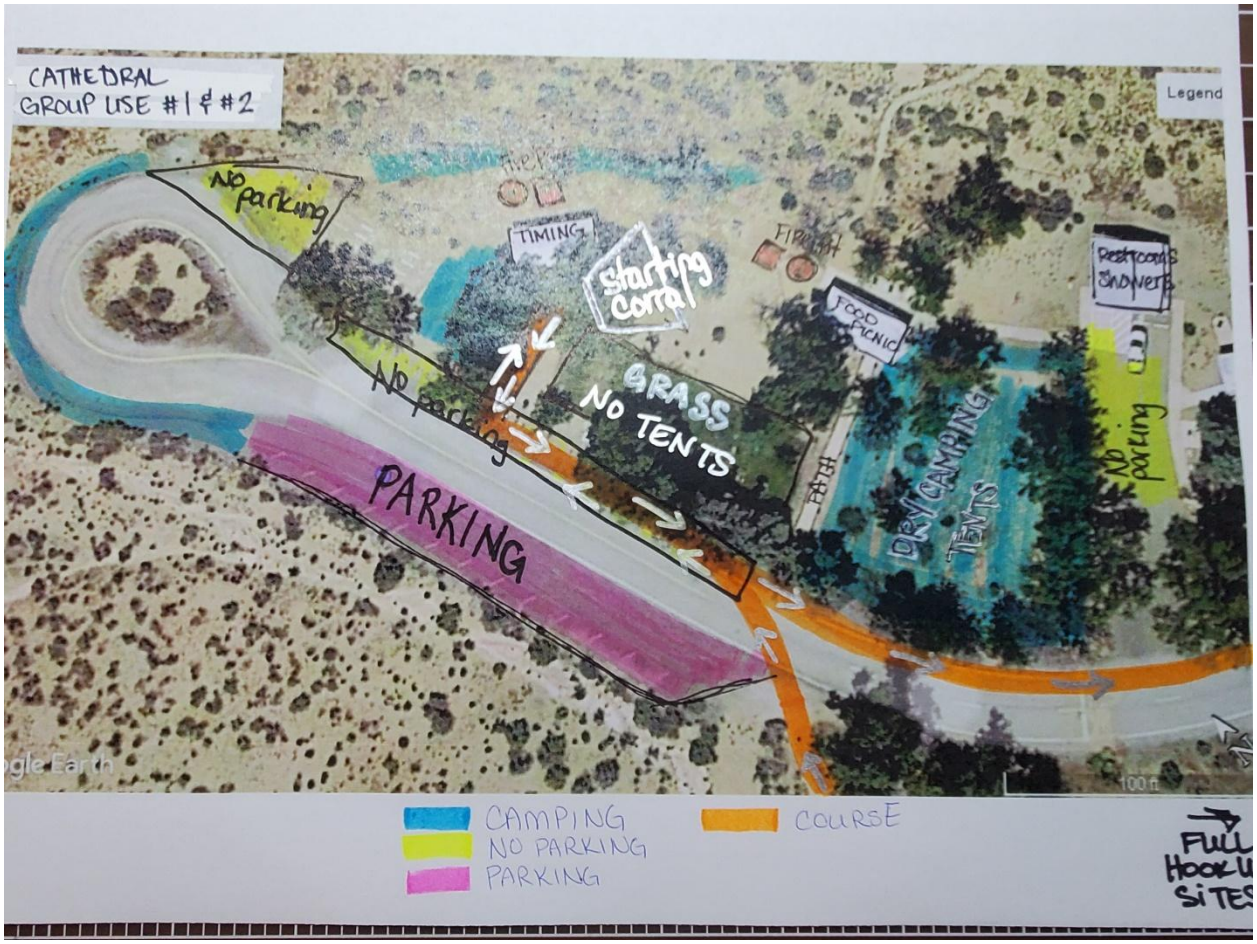
6:00 am to 7:00 am. **Mandatory** participants meeting RACE MORNING at 7:30 am before race start to go over any last minute details or questions about event.

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: End of March is usually decent, could be chilly and windy. Pack accordingly and watch the weather as race day gets closer. Pack for heat, snow, rain, and wind.

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





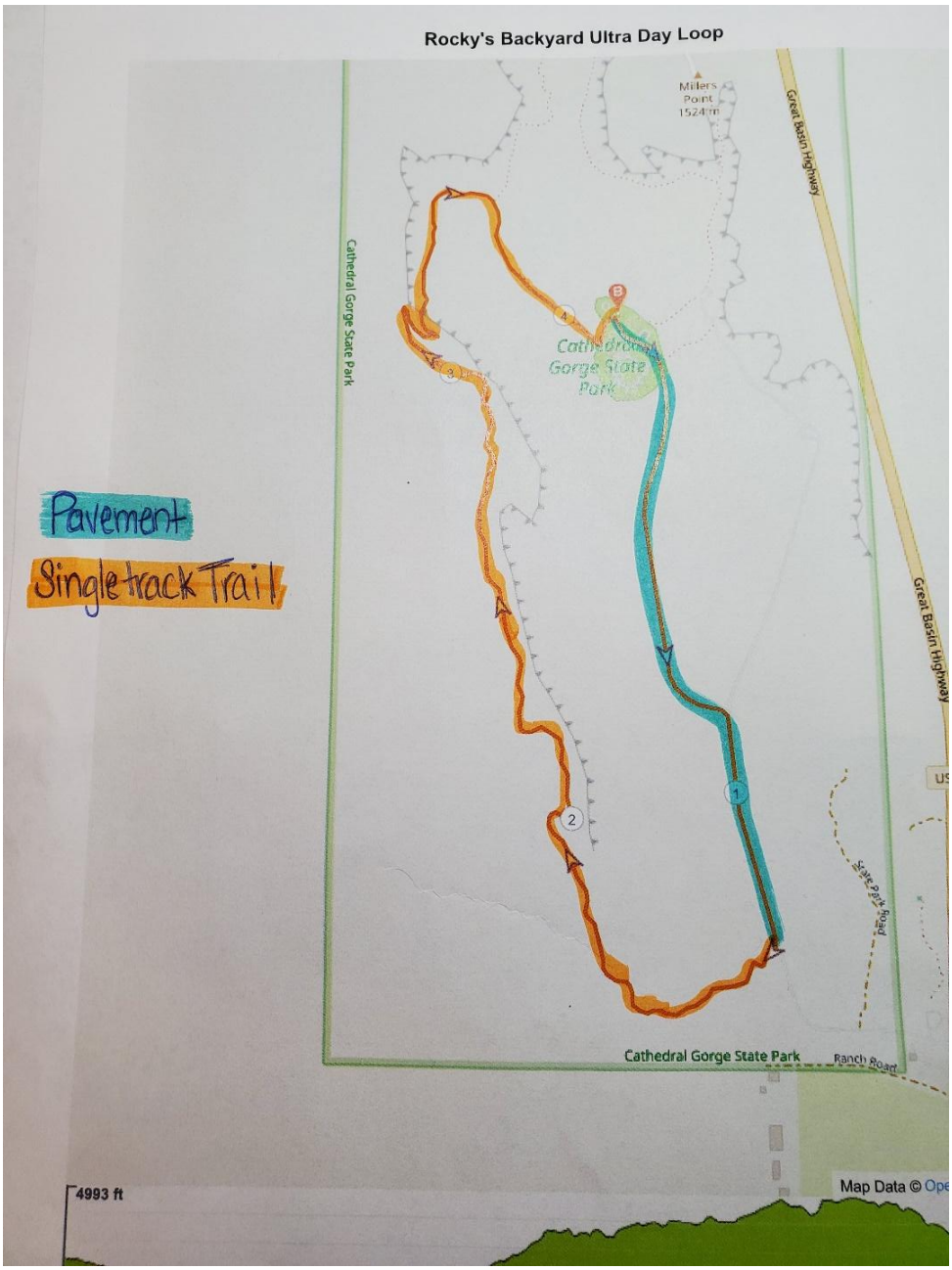
Blue – camping, dry camping *the blue highlighted on circle turnaround can be dry camping with vehicle. The blue highlighted by restrooms in tent camping only, no parking.

Yellow – no parking, especially not on course

Pink – parking

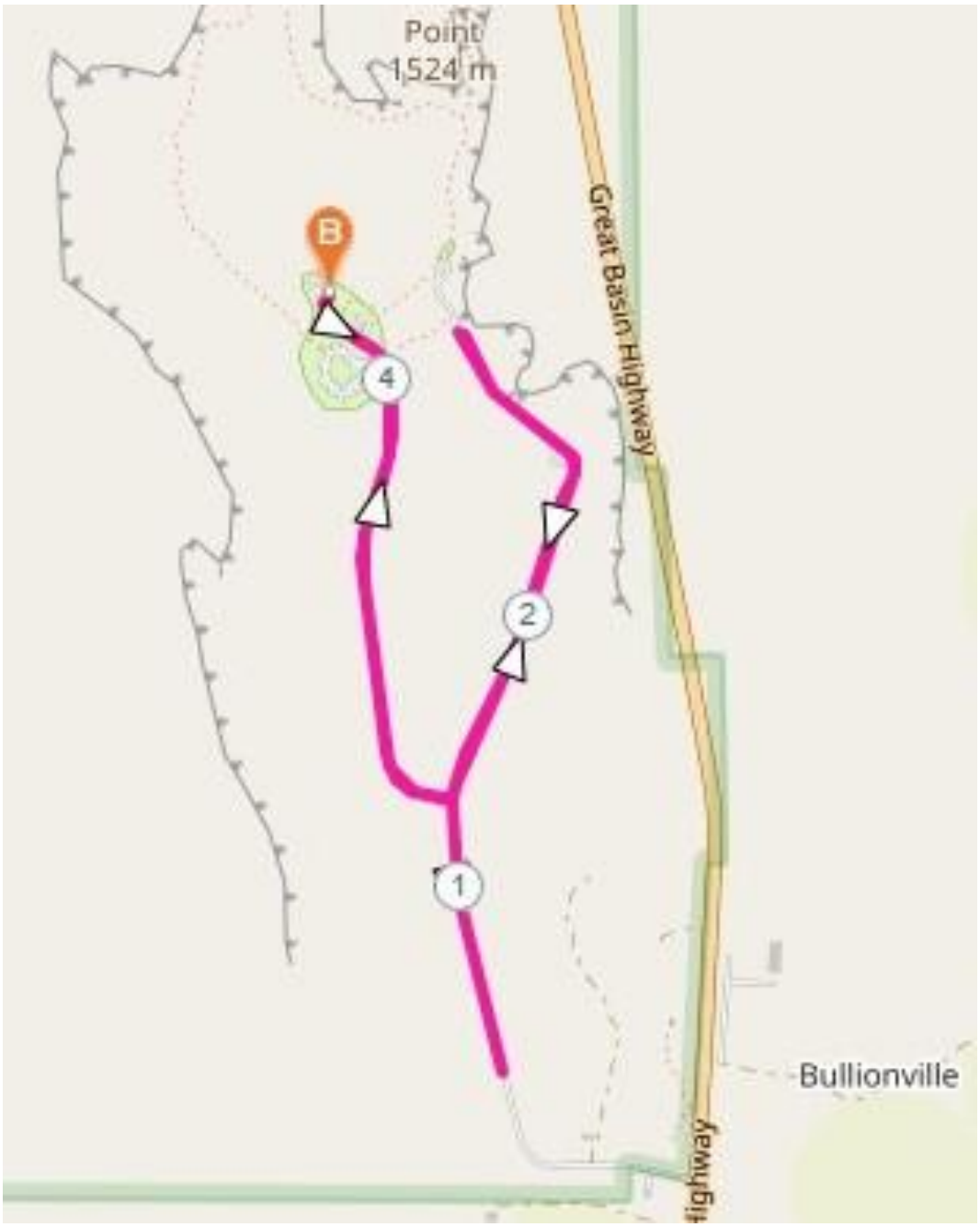
Orange – course

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



Day Loop Course – GREEN marker ribbons, GREEN arrows & signs, GREEN ground flags

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

Night Loop Course – ORANGE marker ribbons, ORANGE arrows & signs, ORANGE ground flags – all with reflective tape. <u>Wearing lighting for night loop is mandatory</u>.

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.

- **Big's Backyard Ultra – Individual World Championship – October 16th, 2027, Bell Buckle TN**
- **Big's Backyard - 2028 World Team Championships – October 21st, 2028 Bell Buckle TN**

The winners of the Silver Ticket events will have a place on the national team.
In addition to the places on the team secured by winning a Silver Ticket event, there will be places for At-Large additions to the team. As an example, the 15 man US team will have 6 places determined by the winners of 6 Silver Ticket events. The other 9 places will be determined by the top results on the At-Large list. A good result in any event you run during the qualifying period **(which began August 16, 2026 and ends August 15 2028)** can place you on that list. The top 9 performances, outside the winners of the 6 Silver Tickets, will earn those runners a place on the team. Website for backyard ultra > https://bigsbackyardultra.com/

Cappy's Backyard Ultra 2027 is a bronze ticket event, meaning that the winner of my race has a spot for him or her at the Silver ticket event. There are 6 Silver ticket events. Rocky Road Adventures will *pay the winners entry into the winners Silver event of their choosing. If you win a Silver ticket BYU, you are heading to Big's BYU in October 2026. No matter the amount of yards logged at this year's Cappy's BYU, the winner has a spot at a Silver ticket event. Please see list of Silver ticket events w/ location & month/yr held.

THESE DATES AND PLACES WILL BE UPDATED AFTER THE TEAM CHAMPIONSHIPS ON 10/17/26!

- **Babbitts Backyard Ultra - Flagstaff, Az – Sept 28, 2025**

- **Summitts Backyard Ultra – Marble Falls, Tx – Nov 22, 2025**
- **Queeny's Backyard Ultra – St. Louis, Mo – Feb 2026**
- **Banana Slug Backyard Ultra – Champoeg Park, Or – April 2026**
- **Capital Backyard Ultra – Lorton, Va – May 2026**
- **Ode to Laz Backyard Ultra – Holly, Mi – July 2026**

NOTE: Cappy's 2026 Event was an off year, meaning anyone that goes over 24 hrs will be put on the At-Large List for this year's 2026 World Team Championships. It's a big list but making the list is a huge accomplishment. Cappy's 2027 event will be another bronze ticket year. Cappy's 2027 event will be on March 27th and registration will open 2 weeks after this year's event.

Here are some words of wisdom from Laz himself from a Facebook post in our backyard RD group on Nov 6th, 2025:

it seems like a good time to talk about the rules...
.
the very few rules!
.
the basic purpose of the rules is to make it possible to administer a race with multiple starts and finishes in the same area.
everyone in the corral at the start:
having people starting at random times renders it impossible to keep track of who is on the course.
likewise, having people entering and leaving the course all over the place at different time,
having crews and athletes mingling on the course.
all of this muddies the view of who is still participating and who is not.
realize that even normal multiple loop races have had issues with athletes hiding out and crossing the line without actually doing laps.
without these rules the backyard would be particularly vulnerable to this.
.
to simplify things for the participant;
i try to get the athletes to look at it as what is required,
rather than what is forbidden:
be in in the corral when the bell sounds.
start when the bell sounds
run the lap to the finish.
whatever you have when the yard starts, keep it till the end.
whatever you do not have when the yard starts, wait until the end to get it...
.
you may share with other athletes who are participating in the same yard as you.
.
after the finish, and until the next bell, you can do whatever you want.
.
some things that lead to problems:
.
race directors who do not enforce the rules.
getting disqualified in a small race is far better than getting disqualified in the most important race of your life.
.
crews who go out to meet their athlete coming in.
it is too easy to make a mistake,
a runner can hand you something without thinking

you can give them something without thinking
or you succumb to the temptation to run that "last little bit" with the runner
and the RD disqualifies you for pacing.
.
and the return on going out to meet the athlete?
nothing good can happen
only bad...
.
so why do it?