



BC BACKYARD ULTRA - RACER INFORMATION/RACE RULES

(UPDATED MAY 8, 2022)

Mega love for supporting the BC Backyard Ultra, hosted by Lewiston Ultra Events. Lewiston Ultra Events is owned and directed by one devoted trail runner that is working hard to ensure participants have the greatest experience, get the biggest bang for their buck, create lasting memories and give back.

WHEN: Friday, April 28th, 2023 @ 8am

WHERE: Start/Finish, Staging Area @ Little Mountain Field House (250-30th St SE Salmon Arm, British Columbia)

MANDATORY RACER CHECK IN: Friday, April 28th @ 7am until approx. 7:45am (you must check in or you will DNS - Did Not Start)

PRE RACE MEETING: 7:45am at the START LINE (course conditions & cautions/reminders, etc)

Crew, family, racers and community are encouraged to CARPOOL. There is a middle school across the street from our staging area; you are also strongly encouraged to give yourself plenty of time in the morning and to arrive early.

The BC Backyard Ultra course (Little Mountain Park) is open to the public on race day. Please be mindful, courteous and aware of other users.

RACE PACKAGE PICK UP:

THURSDAY, APRIL 28th

Noon - 6pm

KINTEC SALMON ARM

117 Hudson Ave NE

Salmon Arm, British Columbia

(250) 517-7337

***There is option for race package pick up on race morning (between 7:00am-7:30am at the staging area, start/finish) HOWEVER, this is not recommended and should be a last minute alternative. We will not be able to accommodate all racers for package pick up on race morning.**

Government issued identification is required to pick up race package.

It is acceptable to pick up for another registered runner with written confirmation (text/email) and/or copy of photo ID.

NOTE: BIBS ARE FOR ASSIGNED RUNNER ONLY. BIBS SHOULD NOT BE PASSED ALONG TO ANOTHER RUNNER. ROGUE RUNNERS ARE NOT COVERED UNDER OUR INSURANCE POLICY & IF IDENTIFIED, THE ROGUE RUNNER & REGISTERED



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RUNNER WILL BE BANNED FROM ALL FUTURE LEWISTON ULTRA EVENTS.

RACER CHECK IN (RACE MORNING):

All runners are required to **CHECK IN RACE DAY MORNING**. Runners that have not checked in will be marked **DNS (Did Not Start)**.

We will attempt to contact runners that have NOT checked in & have picked up their Race Package. We will call contact #'s provided in registration, including emergency contact.

Racer Check In is open from 7am until approx. 7:45am

RACE DAY TEMPERATURE:

*High of 16° & low of 5° (on average)

SUNRISE & SUNSET:

*5:30am/8:15pm

RACE COURSE:

The BC Backyard Ultra is hosted at Little Mountain Park with start/finish at the Little Mountain Park Field House (250-30th St SE).

The daytime route is mainly non-technical, lush, dirt, forested trail with minimal pavement & elevation gain/loss of approximately 140m.

The nighttime route is mainly pavement with a short section of country road & elevation gain/loss of approximately 80m.

The Backyard format is inclusive and allows participants the chance to run with community, set a personal record, lean in to support & challenge each other, experience an ultra that brings you back to home base over and over again and encourages you to dig deep and push yourself until you meet your own finish line.

The BC Backyard Ultra is an approved SILVER TICKET event in support of the Canadian Championship and Big's Backyard Ultra World Championship. The winner of the BC Backyard Ultra will receive an invitation to participate in the Canadian Championship (every other year) and opportunity to compete in the World Championship.

THE RULES:

Every hour on the hour, runners must complete 6706 meters (4.167 miles/6.7056 kms). It's up to you how fast or slow you go but you must finish within the hour and be ready to start the next loop at the start of the next hour.

Three minutes before the top of the hour, three whistles will blow. Get ready.

Two minutes before the top of the hour, two whistles will blow. Take a deep breath & smile.

One minute before the top of the hour, one whistle will blow. Time to make your way to the starting chute.





When the bell rings at the start of the hour, you must be present, ready to go and in the starting chute. If you are not in the starting chute and do not start when the bell rings, you are disqualified.

When one runner remains, they will complete one more loop, a last loop, a victory loop otherwise known as the fastest loop during the Backyard Event.

There is only one winner; all other participants will DNF (did not finish).

Except for restrooms, racers are not permitted to leave the course until each loop is completed.

No non-competitors on the course (including eliminated runners).

Aid, pacers, crew, etc are not permitted on course.

No artificial aids (poles or wizard sticks).

Absolutely no music while on **daytime route**. No ear buds. No external speakers. NO MUSIC.

External speakers, at a reasonable level are permitted on the **nighttime route**. No ear buds. No headphones.

Slower runners must allow passes.

COURSE MARKINGS:

The course will be marked with flagging tape, directional arrows & survey paint. Once you pass a flag, the next one should be visible. Runners are required to stay on course and cross any roadways/transitions at designated locations ONLY.

PACERS:

There is no pacing.

Non-participants (human & animal) are not permitted to accompany runners along the course.

THE BIBS (#1-#200):

Medical & Emergency Information is on the back of your racer bib (you are encouraged to complete your medical info, emergency contact, etc).

Racers are required to check in at the end of each loop. **Bib # must be worn on the front of your body and visible at all times.**

AID STATION/RACE HEADQUARTERS:

The aid station at the start/finish will be stacked with GLUTEN FREE & VEGAN options, water, electrolyte, pop, fruit, sweet and salty snacks. Later in the day and in the evening, hot food (broth, potatoes, ramen, burgers, bacon, etc) and coffee, hot water will be available.





There is no aid or aid station on course; support and/crews are not permitted to provide support on course.

Basic first aid items will be available.

If you prefer something special, we recommend you bring the items with you.

Lewiston Ultra Events is cupless. Disposable cups will not be available. Please bring your water bottle(s) or bladder for fluids as well as a bowl and spoon for soup, warm water, etc.

Porta potties as well as flushable toilets are available. Showers (O.M.G. SHOWERS!) are also available. You will need to bring your own toiletries, including towel, to shower.

DROPPING FROM THE RACE:

If you decide to drop from the race, **YOU WILL REMOVE YOUR NAME FROM THE RACER BOARD** at race headquarters and advise the race director you are finished.

MANDATORY DROP OUT:

Race Director and medical support have the absolute authority to withdrawal a runner from the race should they feel it unsafe for the runner to continue (dehydration, hypothermia, debilitating injury, unprepared for the conditions, etc). The runner **MUST** comply with this decision.

RECOMMENDED RUN GEAR:

Racers will be journeying through rolling, forested trail with numerous hazards. Weather is variable & can change quickly. Runners need to be prepared for all types of weather conditions: hot, cold, wind, rain etc.

If you were to injure yourself with a rolled or sprained ankle while on course, it would be a slow slog and additional time spent out in the elements before you get assistance. Hypothermia is extremely dangerous and warm clothing, fluids, etc can be a game changer.

All racers should carry or consider carrying water/electrolyte, salt, calories, whistle, windproof/light jacket, as well as headlamp/extra batteries (for night running).

THINGS TO BRING/RECOMMENDED GEAR FOR STAGING AREA:

We **STRONGLY** encourage racers to have a crew or support person for this event. Time between each loop may be minimal and you will likely want to focus on shoving in the calories and chilling while your support crew replenishes your supplies and thinks for you.

Your crew or support does not need to be a runner. This person or persons should be someone that you are comfortable with, that is loyal, positive and understands your needs (we recommend creating a schedule of what you





may want and when). It is important to switch out your support crew (we all get tired) and we suggest sharing your goals with your crew so they can remind you what you came for when you want to tap out.

We **STRONGLY** encourage you to incorporate sleep in your rest time. Even a few minutes can make a world of difference.

If you have your own 10x10 tent, please consider bringing it and sharing space with other runners (new friends, yay!). We will not have 10x10 tents for racer use. You and your support crew should be prepared, rain or shine, and your staging area should include folding chair(s), zero gravity chair(s), cot or place to rest, sleeping bag, blanket, warm clothing (easy to put on and take off between loops) and anything else you may require. You only have a 10x10 space – bring what you need but don't bring the kitchen sink.

You are welcome to bring fire pits/heat source **AS LONG AS IT IS ATTENDED AT ALL TIMES** when running.

Basic supplies such as sunscreen, bug spray, medical kit, toiletries, extra socks, etc are recommended.

Pets are welcome, as long as they are on leash, properly trained and behave well; dogs are not permitted to accompany their runner on course.

The 'OTHER' Race Rules:

- Participants must be 19 years of age or older on race day
- **NO LITTERING.** You will be disqualified from the race and banned future entry
- Follow the course as marked/flagged in the direction of the race
- **DO NOT GO OFF THE COURSE**
- Please use washroom facilities if available or common sense when relieving yourself
- No storing food or supplies along the trail/course
- Runners are expected to be mindful of other runners and perform in a sportsmanlike manner
- Runners/participants are responsible for all forms of medical coverage (costs of rescue services, treatment, hospitalization, emergency evacuation (air lifting) and helicopter/ground search)

CELLULAR RECEPTION/WIFI:

There is cellular reception at the start/finish area as well as on course. However, it isn't unheard of to have spotty/dead zones.

The start/finish area will also have SHAW GO WIFI (wifi available) to Shaw customers. If you are not a Shaw customer, you can register for 500 MB of Shaw Go Wifi data every seven (7) days.

<https://www.shaw.ca/internet/wifi/get-started#wifi-registration>

WILDLIFE ENCOUNTERS:

Runners aren't the only ones that enjoy the trails at Little Mountain Park. These trails are home to black bear, grizzly



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bear, cougar, bobcat, moose, deer, squirrel, etc. It is highly unlikely for a potential meeting with our furry friends but in the off chance of an encounter, they want as much to do with you as you want with them.

Several residents also bring their dogs to Little Mountain Park. None of the trails are designated off leash however, many dogs will be off leash and should be properly trained and behaved well.

If wildlife activity has been reported on the course or near the course prior to, or on race day, the course may be modified.

To learn more about wildlife encounters in British Columbia and the DOs & DO NOTs visit:

<http://www.env.gov.bc.ca/bcparks/explore/misc/bears/bearsaf.html>

<http://www.env.gov.bc.ca/bcparks/consERVE/bearsandcougars.pdf>

To learn more about bear spray and the DOs & DO NOTs, Banff National Park has this complete YouTube video:

<https://www.youtube.com/watch?v=alvpLzHiCrg>

COURSE EMERGENCIES:

If you encounter an injured runner, please call 911 or race headquarters @ 587-899-7125.

DO NOT GO OFF COURSE. If you have become disorientated, please back track or retrace your steps to the last flag you seen. The course will be marked with flagging tape & directional arrows.

QUESTIONS/CONCERNS:

Contact info@thelewistonultra.com and/or Kara @ 587-899-7125.

Thank you for choosing BC Backyard Ultra as part of your 2023 race schedule; we are incredibly honored to be part of your journey and excited to host you!

