

TECHNICAL GUIDELINES 2026



Prepared by the Race Director & Technical Manager: **Emmanouil Konstantoulakis**

“The last one... wins!”

Welcome to the **4th Cretan Backyard Ultra**, the very first Backyard Ultra event ever held in Greece — an event that continues to grow, evolve, and write its own story in the small traditional village of Voritsi, Heraklion, Crete.

In cooperation with the non-profit organization **Idean Routes** and the **Hochlios Team**, Voritsi proudly hosts this unique endurance challenge for the fourth consecutive year.

The 2026 event will take place on **Saturday, January 17th**, with the official start at **10:00 a.m.**

Our mission is to highlight the natural beauty of the area and promote the remote, semi-mountainous, traditional villages of Crete through an event built on endurance, community spirit, respect for the land, and genuine connection between runners and locals.

A Backyard Ultra is unlike any other race:
every **6.706 m loop** is a mental, physical, and strategic test. Runners must manage pace, mindset, fatigue, nutrition, crisis moments, and time — equally and continuously.

Zero Plastic Policy

Without your own cup/container, you will **not** be served water or food at the central aid station.

Reduce plastic.

Respect the environment.

Leave Voritsi as you found it — or even better.

Cretan Backyard Ultra Rules

1. **Loop distance:** 6.706 m
2. **Start/finish:** same location
3. A new loop starts **every hour**. Time limit: **59'59"**
If you are not present at the final whistle → **DNF**
4. Runners rest with the time they have left.
Example: finish in 45' = 15' rest.
5. Personal nutrition is allowed; external assistance during the loop is not.
6. No shortcuts and no leaving the marked route.
7. Music is allowed, but headphones must be removed inside the corral ("yard").
8. Bib must be worn **on the front** and kept visible.
9. Shortcut or course cutting → immediate disqualification.
10. Official results will be posted on **backyardultra.com**, with **live tracking via racetime.gr**
11. **Winner = Last One Standing**, the only runner who completes one more loop alone.
If no one completes a final solo loop (e.g. last two stop simultaneously) → **no winner**.

If your race ends early, please stay in the area — supporting others is part of the Backyard culture.

Event Schedule — Saturday, January 17th, 2026

08:00–09:30 → Registration, bib pickup, Tent Village setup

09:45 → Welcome & technical briefing

09:57 → 3-minute signal

09:58 → 2-minute signal

09:59 → 1-minute signal — enter the corral

10:00 → Start of the 4th Cretan Backyard Ultra

Loop changes:

- **18:00** → Switch to Night Loop
- **08:00 (Sunday)** → Return to Day Loop

Participation Package (50€)

- Electronic timing & live results
- Bib number
- WC facilities
- Tent Village (event tents included)
- Unlimited access to the central aid station
- Race T-shirt & medal
- Medical support
- Free photo material

Tent Village

The personal base area for each runner and their crew.

Provided by the organization:

- Event tents
- Chairs, benches, tables
- Access to electricity
- Heated indoor rest area for runners who stop (bring your own sleeping bag)

Runners may bring:

- Their own tent (up to ~8×10 m)
- No ground stakes (surface is concrete) — we provide **weights or ropes**

Central Aid Station

(Start/finish area)

Available at all times:

- Water
- Electrolytes
- Coca-Cola
- Tailwind
- Bread, toast
- Bananas
- Chocolate
- Snacks & salt

After 4 hours:

- Filter coffee
- Soups (trahanas, vegetable, etc.)
- Potatoes
- Pasta or rice
- Warm meals (alternating: minced meat, burger, chicken)

⚠ Warm food rotates every **2 hours**.

⚠ The village has **no supermarket**.

Runners are encouraged to bring **their own personal food** if following a specific plan.

Mandatory Equipment

- Headlamp & spare batteries (required after 17:00)
 - Personal cup/container
 - Reusable bowl for soup/hot meals
- (No plastic plates/containers will be provided in 2026.)*
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Environmental Responsibility

We respect the village, the community, and the natural surroundings.

No littering — anywhere.

Violation → immediate disqualification.

Awards

- Last One Standing
 - Top 3 teams (total distance — for runners who registered as team members)
 - **DNF medal for all**, except the final finisher
 - Fastest loops (announced close to race day)
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Parking

Designated parking areas 1–5 minutes from the start.
Please follow the volunteers' instructions.

Accommodation

Accommodation options:

<https://ideanroutes.gr/epilogos-diamonis-cretan-backyard/>

How to Get Here

📍 Race location:

<https://maps.app.goo.gl/wfLCf9fiZDqJz2hM6>

Voritsi is approximately **25 minutes by car** from:

- **Heraklion Airport (HER)**
- **Heraklion city center**

There is **no bus or public transport** access.
Arrival is possible **only by private vehicle or taxi**.

Contact

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🌐 www.ideanroutes.gr