

## TECHNICAL GUIDELINES 2027



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

**“The last one... wins!”**

Welcome to the **5th 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 fifth consecutive year.

The 2027 event will take place on **Saturday, January 16th, 2027**, 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 16th, 2027**

**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 5th Cretan Backyard Ultra

#### **Loop changes:**

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

### **Participation Package**

- 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 declared support person.

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 also bring their own tent (up to ~8×10 m).

No ground stakes are allowed (surface is concrete) — we can provide weights or ropes.

## **Important Notice – Tent Village & Support Access**

For smoother athlete movement and harmonized use of the space, only the athlete and one declared support person are allowed in the Tent Village support area.

A few days before the race, all athletes will receive an email in which they must declare their support person.

Only the declared support person, wearing the official support badge/tag, will be allowed to remain in the area.

No other athlete, companion, or visitor may remain in the specific support zone.

---

## **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.

**Important Notice – Aid Station Access**

Food from the central aid station is reserved exclusively for participating runners.

Support crews and non-participants are not allowed to take or consume food from the station.

---

**Mandatory Equipment**

- Headlamp & spare batteries (required after 17:00)
  - Personal cup/container
  - Reusable bowl/container for soup and hot meals
  - No plastic plates or disposable food containers will be provided by the organization
- 

**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)
- 

## Parking

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

---


## Accommodation

Accommodation options:

<https://ideanroutes.gr/epiloges-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

 Voritsi, Heraklion, Crete

 [ideanroutes@gmail.com](mailto:ideanroutes@gmail.com)

 +30 694 586 3051

 [www.ideanroutes.gr](http://www.ideanroutes.gr)