



TECHNICAL INSTRUCTIONS 2024

structured by the technical director Konstantoulakis Emmanouilakis

"Last one standing wins....! "

Welcome and thank you very much for supporting the second backyard adventure race, last man standing. The 2024 event for this kind of event will be the second one to be held in our country ! As in other "IDEAN ROUTES" events, our goals are to highlight special places of recreation & greenery through backyard running, safely.

The kind of this

"Match" is definitely unique and special compared to the other species. In a 6705 meter circle with 130 meters of positive & negative difference, the participants are asked to fight with themselves and test their strength mainly "cerebrally" as they will have to have a proper distribution of forces, restraint and "strong mind".

Here is some basic information for everyone:

- Find a good moderate pace, it's not a sprint
- Walk the hills and the very steep downhill
- Minimize long stops to avoid muscle blockage
- Have a proper and worked out catering plan from the beginning
- Let your crew help you, but don't let them stop you unless your health is at risk
- Don't be late in starting each cycle, as you won't be able to start

Most of all, have a safe and wonderful day or night!

In case the race ends early for you, it would be nice to move around encouraging the other

runners and maybe learn from those who are still going on.

IMPORTANT!

If you do not have your own water container, you will not be able to accept water from the organization! We are reducing plastic for a better future!



CANONS CRETAN BACKYARD ULTRA

1. The distance of the circle is 6705 meters
2. The starting and finishing point is the same
3. The direction of each cycle changes every 4 hours but the route remains the same for the entire duration.
4. Every hour the cycle is started, where everyone has 59 minutes and 59 seconds to complete it. If he is not at the last start warning signal, he is considered not to have finished and must hand in his BIB NUMBER.
5. Each athlete has the right to rest in the time remaining before the next start. If a runner finishes in 45 minutes, his rest time is 15 minutes until the signal for the next lap is given. All athletes start at the same time and this means every "exactly on the hour" : 10:00 / 11:00 / 12:00 etc. If someone finishes at 50 minutes they wait 10 minutes.
6. Runners can have their own food during the run, water or food in a belt or backpack.
7. Runners must not go off course during the cycle.
8. Pacing, accompanying athletes by other athletes who have dropped out of the race or people who are not participating is prohibited.
9. However, music is allowed upon arrival of the athlete in each cycle - for communication purposes with the secretariat removing the headphones.
10. All athletes must wear their BIB NUMBER in a prominent - BROAD - place.
11. In case an athlete "steals" a route, he/she will be penalized 15 minutes. In case he repeats it 2ⁿ time, his participation is cancelled.
12. The final results will be posted on the official site <https://backyardultra.com/> where there will be a ranking world & national (Greece), according to the order of the most cycles performed by each one.

13. **The winner is the athlete who completes one last cycle alone.** All others are "technically" out of the race. The results of the total distance covered by each athlete will be given. In the event that no athlete can complete one more lap alone, there is no winner!

EVENT TIMETABLE

SATURDAY 20 JANUARY 2024

- **7:45-8:45 am** Runner check-in, bib, secretariat operation, packet pick-up, "Set-up" of crew area in Tent Village (see below).
- **8:45** Welcome of athletes and technical instructions
- **8:57 mark 3 minutes.** Athletes must have completed their final preparations
- **8:58 mark 2 minutes.** Athletes should approach the finish line starting area
- **8:59 mark 1 minute.** Athletes should be at the starting area to confirm the final list of those who will be on the start line. they start.
- **9:00** starting signal of the race Cretan Backyard Ultra

Only those who have arrived will be able to start again and be valid at 59 minutes at the starting area. Anyone who does not arrive at the last warning whistle or signal of the last minute (59') of each lap is considered to be a DNF.

PARTICIPATION PACKAGE

The cost of the participation package is set at **30 euros.** It includes the following:

1. Timing
2. W.C. space.
3. Special rest area and personal belongings deposit with waterproof tents

4. Unlimited access for as many hours as the athlete runs in the fully equipped central station (see below)
5. Commemorative T-shirt & medal to all athletes (only after an athlete leaves the secretariat)
6. Free photographic material
7. Cash prizes to the last 3 runners.

AWARDS

There will be a cash prize for the last athlete (winner), while the last 3 women & 3 last men

TENT VILLAGE

The tent village is in fact the individual space of each athlete and his/her companion. It is the place where he can have his personal belongings while waiting for the next cycle, which is very important as the hours go by.

The set-up starts at 7:45 in the specially designed area and we recommend that the chaperone and athlete have made provisions for the following:

- His own individual shelter (an awning with max size 10 x 10) .
- Camping chair
- Clothes for all occasions
- Warm blanket for the waiting

PARKING

There will be a special parking area for the athletes' cars. It will be located about 1 to 5 minutes walking distance from the venue. event. Please follow the instructions of the volunteers and do not park near the route.

ITALY

There will be a special area for the use of toilets at the event.

MANDATORY EQUIPMENT

There will be compulsory equipment which will be checked after 18:00 at the finish - start area. In particular, athletes will have to have with them: **FAKO. The** weather is expected to be fine, however, in the evening, the temperature IN THE NORTHERN REGION drops up to 10 degrees.

- **Flashlight and batteries** mandatory for those who will continue from 17:00 onwards (and we recommend reflective equipment)
- 2 -3 changes of clothes, shoes, socks
- Sports buff-type scarf and waterproof gloves
- Individual catering in case someone has their own plan, as well as individual forks or spoons for the food provided by the organization during the stops.

In general you should take care of the items you may need that day and especially for those who will try to go beyond 6 cycles or more. Think of all the scenarios, make a plan!

RESPECT FOR THE ENVIRONMENT! LEAVE NO TRACE!

We do not leave any rubbish either in the start-up area or during the cycle. There will be litter bins. In the event that an athlete is noticed for such an action, he/she will be automatically excluded from the event and will be considered as not having participated and will automatically be banned for 1 year from the "IDEAN ROUTES" events.

PERSONAL OBJECTS

We recommend individual responsibility for the safekeeping of your personal belongings objects as the organization bears no responsibility for the whether you leave them in the car or at the secretariat. There will be a special storage area at the event site where the anyone can use at any time.

POWER STATION

There will be one station of the event and it will be located at the common start-finish point of each of your cycles. There will be no station at any other point of the 6.7km and it is forbidden for an athlete to be assisted by a companion at a different kilometre.

The station will contain the following for all athletes:

1. Unlimited water & electrolyte
2. Coke
3. Toast, bread
4. Dark chocolate without sugar
5. Salt
6. Snacks salty, sweet

With the completion of 4 cycles (i.e. at 13:00 and after) , the organization will provide to those athletes who have stayed and until the end of the event the following SUPPLEMENTS:

1. CAFE
2. SUVA
3. BANANAS
4. POTATOES
5. MACARONI OR RICE
6. Various other snacks or food

*There will be the possibility for those who want to, to order from coffee to food. Whatever the athlete needs, he/she can have it from his/her companions or make sure to notify the organization to try to cover his/her request.

NOTE

The route will be frequently and prominently marked. It will include spray paint, ribbon of the organization, project ribbon (white - red). There will also be arrow and change of direction signs, as well as night reflective march tape.

ROUTE PROFILE

The route passes through olive groves, pine trees and cypresses, with the main soil type being soft soil.

More specifically, it includes 6700 meters of dirt road & 1000 meters of asphalt-cement.

In general, the route has gentle gradients with few technical points, where with proper tactics the average runner can complete the course in 44 to 52 minutes.

For more information

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