

TECHNICAL INSTRUCTIONS 2025



Prepared by the Race Director, Emmanuel Konstantoulakis

"The last one, wins...!"

Welcome and thank you for supporting the third backyard adventure race, following the "last man standing" format. The 2025 event will mark the third time such a race is organized in Greece! As with other events by "IDEAN ROUTES," our aim is to showcase unique recreational and green areas through trail running, with safety as our priority.

This type of race is undoubtedly unique and distinct from other formats. Participants will run a 6,705-meter loop with 135 meters of positive and negative elevation gain, challenging themselves physically and mentally. Strategic energy management, endurance, and mental strength are key to success.

Essential Information for All Participants:

- Find a moderate and consistent pace; this is not a sprint.
- Walk uphill sections and steep descents to conserve energy.
- Minimize extended stops to avoid muscle stiffness.
- Develop and follow a detailed nutrition and hydration plan.
- Allow your crew to support you but ensure they don't stop you unless your health is at risk.
- Don't delay at the start of each loop; once the time expires, you cannot begin.

Most importantly, have a safe and wonderful day (and night)!

If your race ends early, encourage other runners and learn from those who continue.

IMPORTANT!

You must bring your own water container. The event will not provide disposable cups to reduce plastic waste for a better future.



RULES - CRETAN BACKYARD ULTRA

1. The loop distance is 6,705 meters.
2. The start and finish point is the same.
3. Each hour, a new loop begins. Runners must finish within 59 minutes and 59 seconds. Failure to start the next loop on time will result in disqualification.
4. Runners can rest between loops for any remaining time before the next start.
5. Music is allowed but must be removed upon reaching the finish line for communication with the organizers.
6. All runners must display their BIB NUMBER visibly at the front.
7. If a runner "cuts" the route, they are disqualified.
8. Final results will be posted on the official website: backyardultra.com, including global and national rankings.
9. The winner is the runner who completes the final loop alone. If no one completes another loop, there is no winner.

EVENT SCHEDULE

****Saturday, January 18, 2025****

- ****8:45-9:45 a.m.:**** Registration, BIB collection, and setting up at the Tent Village.
- ****9:45 a.m.:**** Welcome speech and technical instructions.
- ****9:57 a.m.:**** Three-minute warning signal.
- ****10:00 a.m.:**** Official start of the Cretan Backyard Ultra 2025.

Participants must be on time; failure to reach the start area by the last-minute warning will result in disqualification (DNF).

PARTICIPATION PACKAGE

****Cost:**** €50

The package includes:

1. Electronic timing and BIB number.
2. Access to WC facilities.
3. Dedicated rest areas with waterproof tents.
4. Unlimited access to the central aid station for the duration of the event.
5. Commemorative race T-shirt and medal (distributed upon retirement from the race).
6. Free race photographs.

AWARDS

- A prize will be awarded to the last-standing athlete.
- The top three teams with the highest cumulative kilometers will also be recognized.

TENT VILLAGE

Each runner and their crew will have a dedicated area (maximum size: 10 x 10 meters) to store personal belongings and rest between loops. Recommended items include:

- Personal shelter/tent.
- Camping chair.
- Clothes for various weather conditions.
- Warm blankets for the waiting period.

PARKING

A designated parking area will be available 1-5 minutes walking distance from the venue. Please follow the volunteers' instructions and avoid parking near the course.

MANDATORY EQUIPMENT

- Headlamp and batteries for nighttime running (after 5:00 p.m.).
- 2-3 changes of clothes, shoes, and socks.
- Buff-style sports scarf and waterproof gloves.
- Personal nutrition plan and eating utensils for meals provided by the organizers.

****Prepare for temperatures dropping to 10°C at night. Plan accordingly!****

AID STATION

The aid station will be located at the start/finish area and will include:

- Unlimited water, electrolytes, and cola.
- Toast, bread, sugar-free dark chocolate.
- Salt, sweet and savory snacks.

****After 1:30 p.m., additional options include:****

- Coffee.
- Soup (every 2 hours).
- Potatoes, bananas, pasta, or rice (every 2 hours).

ENVIRONMENTAL RESPONSIBILITY

****Leave no trace!**** Any littering on the course or the venue will result in immediate disqualification and a one-year ban from all “IDEAN ROUTES” events.

COURSE MARKINGS

The course will be well-marked with:

- Spray paint, race ribbons, and reflective night tape.
- Directional arrows and stakes for guidance.

COURSE PROFILE [click here](#) [for the full video of the course](#)

The route traverses olive groves, pine forests, and cypress trees, primarily on soft soil.

- 6,700 meters of dirt road and 1,000 meters of asphalt.
- Gentle slopes and minimal technical sections allow most runners to complete loops in 42-52 minutes with proper pacing.

For further information:

****+30 6945863051**** (Emmanuel Konstantoulakis)

[www.ideanroutes.gr](<http://www.ideanroutes.gr>) | ideanroutes@gmail.com