



## Cyprus Backyard Ultra Race 2024: Technical Race Instructions

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## **Cyprus Backyard Ultra Race 2024: Technical Instructions**

Welcome to the Cyprus Backyard Ultra Race (CBU) 2024, where endurance meets adventure in the heart of Cyprus! Join us for an exhilarating race experience like no other, where runners push their limits in a last-person-standing challenge. Inspired by the renowned [Big Dog's Backyard Ultra](#), this inaugural event promises thrills, camaraderie, and unforgettable moments as participants test their endurance against the stunning backdrop of Cyprus. Get ready to conquer loops, push boundaries, and make history at CBU!

Please carefully review the following technical instructions to ensure a smooth and enjoyable race experience.

### **Announcement of Cyprus Backyard Ultra 2024**

On Saturday, March 23, 2024, at 09:00am in Voroklini, Larnaca, it will take place the inaugural "Cyprus Backyard Ultra" adhering to all regulations of Backyard Ultra races.

This running challenge entails completing a 6,706-meter or 4.167-mile loop within one hour, repeated hourly. It's a test of endurance rather than speed, requiring strategic pacing and fueling.

Runners who fail to complete the loop in time, reach the starting corral for the next lap, or choose to drop out surrender their bib numbers [DNF].

Those finishing early can use the remaining time as desired [rest, replenishment, etc.] until the next cycle begins, with each hour signaling a new start for timely finishers.

The race continues until a single runner remains, crowned the ultimate victor.

Embrace the challenge and surpass your limits... for another lap!

### **Format:**

- Runners start together and complete the loop within an hour.
- If they finish before the hour, they wait at the start line for the next loop.
- No breaks or outside assistance allowed except between loops.
- As the race progresses, the loop becomes mentally and physically challenging.
- The true test lies in pacing, recovery, and mental resilience.

A single-elimination endurance event with no set finish line, runners complete a designated loop of 6.706 meters every hour. The last runner standing after everyone else Did Not Finish (DNF) wins!

### **Date and Location:**

Date: March 23, 2024

Time: Check-In at 7:30 AM, Race Start at 9:00 AM

Location <https://maps.app.goo.gl/KBxLKfLo4uG8c8t5A>

Route	<a href="https://www.plotaroute.com/route/2527842?units=km">https://www.plotaroute.com/route/2527842?units=km</a>
Registration	<a href="https://www.strava.com/activities/10805944984">https://www.strava.com/activities/10805944984</a>
Registration payment options:	<a href="https://forms.gle/TNx2HPUgbywUQ18c8">https://forms.gle/TNx2HPUgbywUQ18c8</a>
a) via Revolut	<a href="https://www.revolut.me/cyprusbackyard">revolut.me/cyprusbackyard</a>
b) via Bank of Cyprus account with IBAN	IBAN: CY1002001950000357014820294 SWIFT (BIC code): BCYPCY2N

During registration, please include your name followed by "Cyprus Backyard Ultra 2024" (e.g., Name Surname CBU2024). Payment receipts will be sent via email the following day. Registration is considered complete upon payment of the participation fee, which must be completed electronically by Thursday, March 21, 2024. For last-minute registrations (on-site), the fee is set at €45 for less than 4 loops and €65 for 5 loops or more.

### Race Format:

- The race follows a last-person-standing format.
- Runners start together and complete the loop within an hour.
- If they finish before the hour, they wait at the start line for the next loop.
- No breaks or outside assistance allowed except between loops.
- As the race progresses, the loop becomes mentally and physically challenging.
- The true test lies in pacing, recovery, and mental resilience.

A single-elimination endurance **CBU** with no set finish line, runners complete a designated loop of 6.706 meters every hour. The last runner standing after everyone else Did Not Finish (DNF) wins!

### CBU Race Rules

1. The distance of the yard (loop) is 6.705 km, equivalent to 4 miles 880 feet.
2. The start and end point are the same throughout the **CBU** and participants must be in the start at the bell. Warning bell is given 3, 2, and 1 minutes prior to start.
3. Starts. Every yard starts precisely an hour after the last one. Runners have a 59-minute and 59-second limit to complete it, including the final lap. Failure to finish within this time or failure to start at the bell (no late starts) results in disqualification, and the runner must surrender their BIB NUMBER.
4. Each athlete has the right to rest during the time remaining before the next loop starts. For example, if a runner finishes at 45 minutes, they have a 15-minute rest until the next cycle begins. All runners start together at designated times (e.g., 10:00, 11:00, 12:00, etc.).
5. Runners are allowed to carry their own food and water during the race.
6. Runners must stay on the designated course during each loop, except for restrooms.

7. Artificial aids (including trekking poles), pacing and escorting by other athletes who have withdrawn from the race or non-participants are prohibited.
8. Music is permitted, but headphones must be removed upon reaching the start/finish area to communicate with the race officials.
9. All athletes must wear their BIB NUMBER visibly on the front.
10. Any runner caught deviating from the designated route will be disqualified.
11. Final results will be posted on the official [Backyard Ultra](#) and [Cyprus Backyard Ultra](#) websites. For the ultra-achievers who complete 7 loops and more (that's over 46km), the results will also be featured on the [DUV](#) database.
12. The winner is the last runner remaining to complete a loop alone. If no runner can complete another loop solo, there is no winner. Total distance covered by each runner will also be recorded. All other participants are technically DNF.
13. The race is open ended.

#### **Safety Precautions:**

- Runners are responsible for their own safety and well-being during the race.
- Adequate hydration and nutrition are essential. Water stations will be provided along the course.
- In case of emergency, ambulance services will be notified promptly.

#### **CBU Race Timetable**

Saturday March 23, 2024

7:30-8:50am: Check-in and bib number distribution. Each participant responsible to set-up his/her crew area.

8:50-8:57: Welcome and technical instructions.

8:57: 3 minutes mark

8:58: 2 minutes mark. Participants need to approach the start area.

8:59: 1 minute mark. All participants need to be at the starting area to confirm the final list.

9:00: Start of CBU race

#### **Participation Packages**

The cost of the participation packages are:

- a) Less than 4 loops: €25
- b) More than 5 loops: €45

In addition to the terms outlined in the declaration, participants in Cyprus Backyard Ultra (CBU) 2024 will receive the following amenities:

1. Assigned BIB number for identification.
2. Commemorative medal for all participants.
3. Trophy for the winner and runner-up (assist).
4. Technical t-shirt for the event (additional cost of €10).
5. Access to a special area in the tent village for resting and storing personal items and to WC facilities.
6. Unlimited access to a fully stocked central station for hydration and basic feeding services, including water, Cola, fruits, and chips. Participants are responsible for their food arrangements.
7. Free access to event photography services for capturing memorable moments.

### **TENT VILLAGE**

The tent village serves as the personal space for each athlete and their crew, providing a vital area for storing belongings between cycles. Setup commences at 7:30am in the designated area, where athletes and their crew are advised (not mandatory as there are kiosks as the photo below ) to prepare the following:

- Individual shelter, such as an awning with a maximum size of 3x3 meter.
- Camping chair for comfort during downtime.
- Adequate clothing for varying weather conditions.
- Warm blankets to combat the chill during waiting periods.

### **Necessary Equipment**

- Mandatory for runners planning to stay after 18:00. Flashlights for the tent village and headlamps for runners that will stay in the race when get in dark
- Extra 2-3 clothes, socks and shoes
- Sunglasses



## Parking

There is a special parking area for the athletes car, located near from the start mark.

## Acknowledgment of Risk

By participating in the Cyprus Backyard Ultra Race 2024, all runners acknowledge and accept the inherent risks associated with endurance running and agree to abide by the race rules and regulations.

## Course Details and Marking:

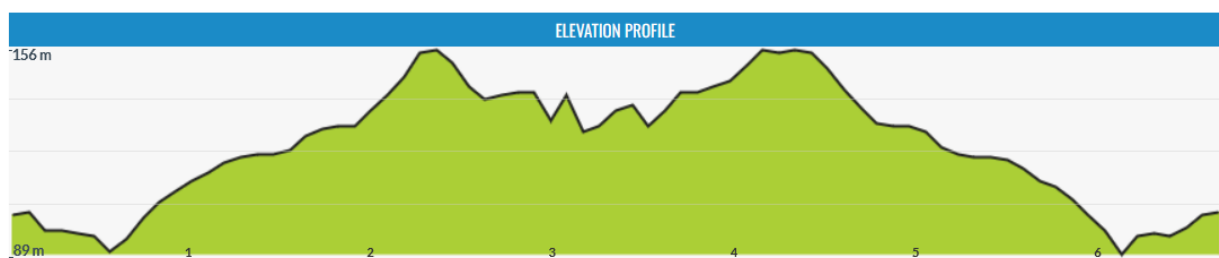
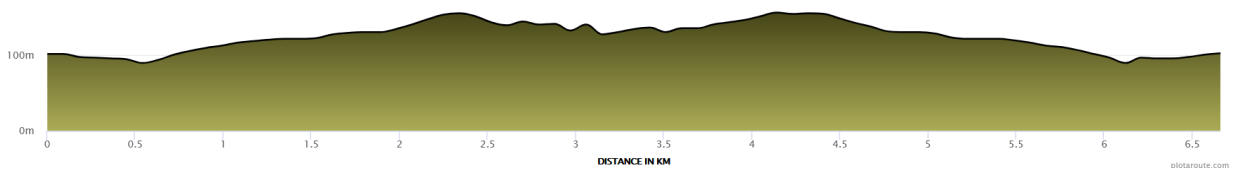
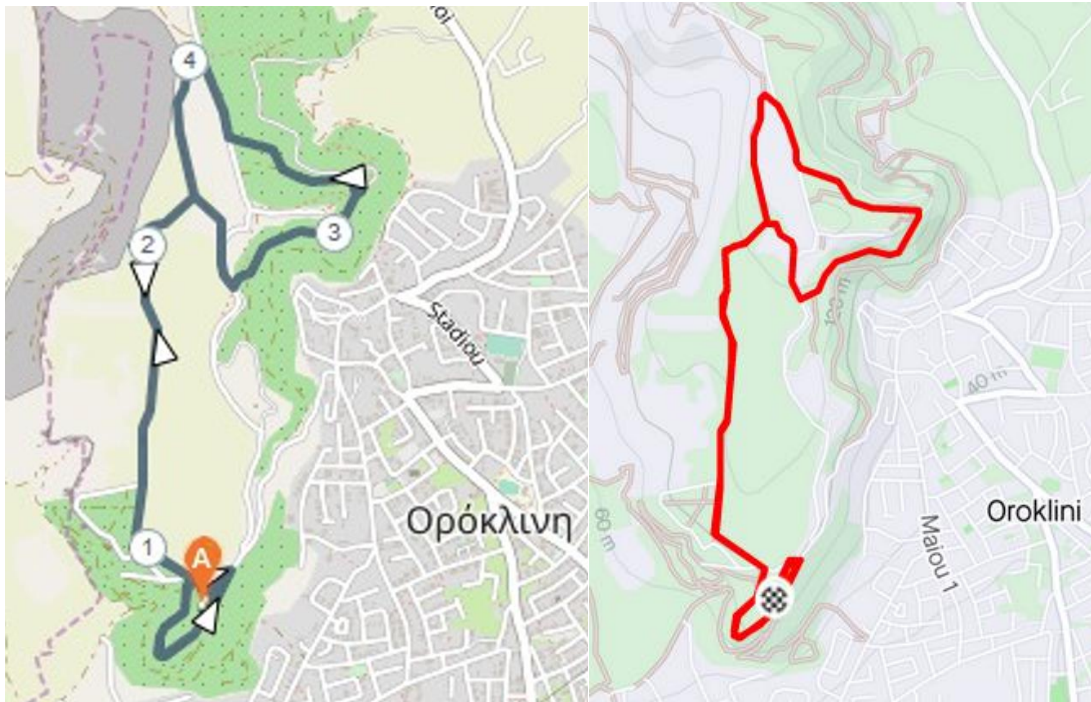
- The course consists of a designated loop of 6.706 meters and 95 meters elevation gain.
- The terrain includes dirt roads, and other natural obstacles.



- Course markings will indicate the route. The route will be clearly marked with frequent and visible signage, including red spray markings, and white and red ribbon. Additionally, wooden directional white arrows and small solar lights will be used for night visibility.

## Route Profile

ROUTE INFORMATION	
NAME	CBU_Final
LENGTH	6.665 km
TERRAIN	Off-Road
USED FOR	Running
ASCENT	130m (19.5 m per km)
DESCENT	129m (19.4 m per km)
HILLS	↑ 47.3%, ↓ 41.89%, → 10.81% (% of route uphill, downhill and flat)



Use our Route Profile Tool to explore the elevation profile in more detail

**Last but not least:**

**RESPECT THE ENVIRONMENT!**

**Information:** [cyprus.backyard@gmail.com](mailto:cyprus.backyard@gmail.com)

**Web:** <https://cyprusbackyardultra.com/>

<https://backyardultra.com/races/cyprus-backyard-ultra/>

**Facebook:** <https://www.facebook.com/cyprus.backyard.ultra/>

## Terms and Conditions

By participating in the Cyprus Backyard Ultra 2024 (the “**CBU**”), organized by Cyprus Backyard Ultra, I acknowledge and agree to the following terms:

1. **Assumption of Risk:** I understand and acknowledge that participating in the **CBU** involves inherent risks, including but not limited to the risk of injury or death. I voluntarily assume all risks associated with my participation.
2. **Fitness and Health:** I certify that I am physically fit and sufficiently trained to participate in the **CBU**. I have consulted with a licensed medical professional (except where in violation of religious principles) and have received clearance to participate.
3. **Release of Liability:** I hereby release, waive, discharge, and covenant not to sue Cyprus Backyard Ultra, its organizers, volunteers, sponsors, and affiliates from any and all liability, claims, demands, actions, or causes of action arising out of my participation in the **CBU**.
4. **CBU Rules and Guidelines:** I agree to abide by all rules, regulations, and technical instructions provided by Cyprus Backyard Ultra before, during, and after the **CBU**.
5. **Use of Likeness:** I grant permission to Cyprus Backyard Ultra and its sponsors to use my name, likeness, photographs, and/or video recordings taken during the **CBU** for promotional and marketing purposes.
6. **Entry Fee:** I understand and acknowledge that the entry fee is non-refundable, non-deferrable, and non-transferable, except in case the **CBU** is cancelled by the organizer, Cyprus Backyard Ultra.
7. **Governing Law:** Any legal claims or disputes arising out of or relating to my participation in the **CBU** shall be governed by the laws of Cyprus, and shall be adjudicated exclusively by the courts of Cyprus.
8. **Adherence to Age Limit:** I acknowledge and agree that I am adhering to the age limit specified for the race in which I am participating, as per the registration information provided upon registration.
9. **Children Under 18:** For participants under the age of 18 participating in the kids' race, I confirm that I am the parent or legal guardian of the minor child named below, and I hereby consent to their participation in the **CBU**. I understand and agree to all terms outlined in this disclaimer on behalf of the minor child.



## Cyprus Backyard Ultra (CBU) 2024 Liability Release Waiver

I, \_\_\_\_\_, affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with participation in the Cyprus Backyard Ultra 2024 (the "CBU"), scheduled for 23 March 2024. I agree to the following terms and conditions:

1. I am at least 18 years of age.
2. I am in good health and proper physical condition to participate in the CBU.
3. I understand and accept the dangers involved in the CBU, including the risk of serious injury or death.
4. I release and indemnify the CBU organizers and participants from any claims, demands, or losses arising from my participation.
5. This Waiver is binding and governed by the laws of the Republic of Cyprus.

Full Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date: 23 March 2024

Emergency Contact:

Full Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

**Cyprus Backyard Ultra (CBU) 2023 Liability Release Waiver for Children**

I, \_\_\_\_\_ [Parent/Guardian's Full Name], affirm and acknowledge that I am the parent or legal guardian of \_\_\_\_\_ [Child's Full Name], and I hereby consent to their participation in the Cyprus Backyard Sprint Race 2024 (the "CBU"), scheduled for 23 March 2024. I agree to the following terms and conditions on behalf of the minor:

1. I certify that the minor is in good health and proper physical condition to participate in the CBU.
2. I understand and accept the dangers involved in the Event, including the risk of serious injury or death to the child.
3. I release and indemnify the CBU organizers and participants from any claims, demands, or losses arising from the minor's participation.
4. This Waiver is binding and governed by the laws of the Republic of Cyprus.

Parent/Guardian's Full Name: \_\_\_\_\_ Signature:  
\_\_\_\_\_

Telephone Number: \_\_\_\_\_ Date: 23 March 2024

Emergency Contact:

Full Name: \_\_\_\_\_ Telephone Number: \_\_\_\_\_

[Signature]

**Acknowledge:**

The Larnaka Tourism Board, PPD Global, Voroklini Community Council, and Department of Forests support this race.

