

Bonneville Backyard Ultra Race Guide

A backyard ultra is a last man standing event. Runners will have 1 hour to run a 4.167 mile loop(referred to as “yards”). When you finish your loop you have until the next one starts to rest, receive aid from crew, etc. Then you have an hour to do it again. Runners either drop out when they don’t want to start again, or are disqualified if they are not in the starting line corral when the next loop starts. The race will go until only a single person completes a loop. They are the winner and the race is over.

Race Rules:

The first rule is that there are no late starts. Not on the first yard or any after that. If you are not at the starting line when I ring the bell, you are disqualified and cannot run. There are no exceptions to this rule.

Each loop will be preceded by 3 whistles 3 minutes before the start, 2 whistles at 2 minutes before, 1 whistles at 1 minute before and then a bell ringing to start the loop. You don’t have to be in the corral until the bell rings, but be careful not to cut it too close or you could end up too late.

There is no aid allowed during your loop. Please make sure your crew knows this. When we ring the bell to start a loop you must cross the starting line and you cannot return to your things or receive any help from or items from friends/family/crew until you cross the finish line for that loop.

No aid also means no trekking poles or pacers allowed. Restrooms are okay to use at any point during or after your lap, but are only located near the base camp. Headphones are allowed but please take at least one out while you are at the base camp.

Schedule:

Here is the general format that the race will follow every year:

The race is the last Saturday in April.

One week before we will have a course cleanup for anyone willing to come. You can run the course with us and talk and get advice from people who have previously run, check out the course, talk to the race director, and help give back to the State Park for letting us use it.

The day before the race(Friday) we will have packet pickup at Runner’s Corner in Orem from 5-7PM. It is not mandatory but I prefer you pick it up then so I can meet you and to keep the morning running smoother. If you are going to come on race day plan to be there early.

Race day check in is from 7-7:30 AM. Come get your things set up and let us know you’re here. You can come earlier than that if you want to make sure you get a good parking spot and your stuff set up.

Race morning announcements at 7:45

3 Whistles @ 7:57 AM

2 Whistles @ 7:58 AM

1 Whistle @ 7:59 AM

Race starts with the bell at 8:00 AM SHARP. If you are not at the start line, you are not running.

Misc:

Here are some basic paces and the rest times they would afford you:

Pace	Yard Time	Rest Time (Approx)
6 min/mi(are you crazy?)	25:00	35 Minutes
9 min/mi(that’s a little better)	37:30	22 Minutes
10 min/mile	41:40	18 Minutes
11 min/mi	45:50	14 Minutes
12 min/mile	50:00	10 Minutes
12:30 min/mile	52:05	7 Minutes
13 min/mi(getting risky)	54:10	5 Minutes
13:30 min/mi	56:15	3 Minutes
14 min/mi(cutting it close)	58:20	1 Minute
14:23 min/mi(the slowest you can go)	59:59	If you want to continue you must turn right around without rest.

Course:

Our course is an out and back course at Deer Creek Reservoir up Provo Canyon. We start in the Deer Creek Dam Trailhead Parking Lot and you will run 2.08 ish miles out and then turn around. The turn around point is at the top of a hill after 2 sets of switchbacks. It will be well marked and you can't miss it. We will have a volunteer there the first lap to make sure nobody runs past it.

Our verification method currently is a hole punch. At the turn around point there will be a bunch of hole punches attached to some poles. Your bib will have boxes with numbers on them. Please stop at the turn around and punch a hole in your bib on the corresponding lap number. This is how we will make sure everyone has run the full loop. We will have volunteers watching as people come in to make sure bibs are correctly punched, as well as depending on each of you to keep each other honest. We haven't had any issues in the past, and since this is a pretty low stakes race(Sorry, no prize money) we are hoping nobody feels the need to cheat.

Elevation gain is right around 425 ft per loop. Here are some common distances with elevation:

6 Yards - 25 Miles, 2,550 ft elevation gain

10 Yards - 41.6 Miles, 4,250 ft elevation gain

12 Yards - 50 Miles, 5,100 ft elevation gain

15 Yards - 62.5 Miles (100k), 6,375 ft elevation gain

18 Yards - 75 Miles, 7,650 ft elevation gain

24 Yards - 100 Miles, 10,200 ft elevation gain

Base Camp:

The base camp is located at the Deer Creek Dam Trailhead. We will have a volunteer there in the morning to help people park. We need to park as tightly as possible to make sure everyone has room to set up. The parking will go from closest to the base camp to furthest, so the earlier you are the better your spot will be. If you are planning on running for a long time it would make it easier for you to be early and get a spot close to the corral. Please be courteous to our volunteer and to each other since we will be sharing space. Most people have just set up at the back of their car which is fine. There will be some space right next to the corral if anyone wants to set up some things there as well. You should have enough space to bring just about anything you need like chairs, tables, boxes of supplies, coolers, canopies, etc. If you are going to bring a canopy or tent or similar make sure to bring weights because it does get windy and we have had people lose canopies before. As people leave and space opens up you(or your crew) are welcome to move

your things closer to the corral and expand your stuff out. There are two bathrooms there at the trailhead and we will have an extra 2 port a potties there next to them. Remember you can use them during you loops and it will not count as aid, so you don't have to use your rest time for that. If your crew needs to pick anything up for you there is the Will's Canyon Stop Gas Station at the mouth of Provo Canyon(about 10 miles away), a Walmart in Heber(about 12 miles away), or a Harmon's grocery store out of the canyon and up 800 N in Orem(about 14 miles away).

Aid Station:

You are expected to be mainly self supported for this race. Your base camp setup and crew should be ready with anything you might need. That being said we will have an aid station with ultrarunning basics and hope you can find something you like there. For drinks we will have water, electrolytes(NOM - our sponsor), Coke, Ginger Ale, pickle juice, and hot chocolate. Snacks we will have will mainly consist of chips, cookies, candy, applesauce, potatoes, popsicles, and fruit. Supplies we will have available are salt pills, blister pads, first aid kit, sunscreen, and bug spray.

We will be having a few meals during the race as well some on request foods starting after lunch.

Lunch - Quesadillas

Dinner - Hamburgers

Breakfast - Pancakes

By request(starting after lunch) - Oatmeal, ramen, quesadilla

There will be some plant based and gluten free options as well. We can get things ready for you as you are coming in if you have your crew request things beforehand. We know how precious that rest time is and we want to help you make the most of it.

If you have any specific questions please reach out to us through our email bonnevilleraces@gmail.com or you can reach us on Instagram @bonnevillebackyardultra