



OHIO'S BACKYARD ULTRA

LAST PERSON STANDING

***Updated for the March 20, 2021 race**

Hello Ohio's Backyard Ultra contestants,

This document will cover all the pertinent details relating to Ohio's Backyard Ultra on March 20, 2021, but each year I start out with a story about this event and this backyard.....

When I first saw Laz advocating for other RD's to start their own Backyard Ultra formatted race in 2018 I immediately started deliberating on how this type of race could fit in with SEOTR's event offerings. Initially I thought it may be a bit chintzy to copy someone else's race idea, following a "fad," and capitalizing off their creation. However, I kept being drawn into the term "backyard" and when doing so, I realized that while we'd be following Laz's pre-defined rules, this is ultimately, still, our Backyard.

And that concept of Backyard captivated me, as it did with hundreds of others around the world. When first planning for Ohio's Backyard Ultra in 2019, I could literally have chosen dozens of locations to fit a 4.16667 mile course. In fact, I could have chosen any number of pancake flat loops in Ohio that might mimic other backyard ultras, giving contestants the ability to avoid hills. But there is one place that really means "Backyard" to me, and that's McChesney Ridge.

In 2010 and 2011 I lived with my buddy Reece Brown for my last couple of years of college at Shawnee State University. Back then we referred to his property as "The Cabin" and he owned just a small amount of wooded land. It was in those days that we first cleared a 300 meter oval double-track trail in the woods on the hill behind his house. We grooved that trail in with so many miles. It was also during this time that I began really exploring myself as an individual,

developing a love for the forest, exploring, and doing it all while trail running. I credit a lot of that to my time at "The Cabin."

I also remember those hot summer days ending my runs by dashing through the forest to his neighbors vacation property behind The Cabin and jumping straight into the lake, shoes and all. This lake, and property, now make up what's considered McChesney Ridge Athletic Club, with Reece and his wife Bri, and son Henry, owning the Lake House, lake, and property that you'll be running on during Ohio's Backyard Ultra.

While I no longer live on the property at McChesney Ridge, it's been really fun over the past 11 years seeing that 300 meter trail-loop turn into a network of trails, and a property developed by Reece to cater to outdoor enthusiasts. It was a dream we both spoke about frequently during those early days, and here we are now sharing it with others. And the course even features that original 300 meter trail that we cleared in college.

More than sharing the property however, we hope to also share that same "Backyard" feeling we've always felt on this land. A feeling of friendship - nights with friends over for good food and drink, of good music and corn hole on the deck, of stories and laughter with teammates during all seasons of running....

While Ohio's Backyard Ultra may not provide the pancake flat course like others, we hope to provide an atmosphere beyond the miles, to embody our version of Backyard. We'll invite you in and treat you like friends. Good times and good miles.

In 2019, the first year of Ohio's Backyard Ultra, I feel that was captivated throughout the event. Out of the 7 years of directing trail races, OBU was the most fun and community feeling event I've been a part of. From the fireside chats with DNF's and spectators and crews, to the 2:00AM walks to the property high point with a group of faithfuls just to get cell reception, everyone was on the same team. In 2020 the event was postponed to November, and despite the COVID changes the event had a great atmosphere. 2021 will bring that same feeling, and this year the competition and stakes are higher than ever!

So, on behalf of myself at SEOTR, and Reece and Bri at McChesney Ridge, welcome to our Backyard. We hope you enjoy it.

Michael

Now, onto the important race details..... Please forward this message to your crew member.

-----SEE BELOW FOR FULL OBU DETAILS-----

-COVID-19 Details

While it appears COVID numbers are dropping and we are seeing more things reopening as people get vaccinated, the event world is still affected by the global pandemic. We'll still be implementing policies and procedures to help with social distancing and to limit the risk.

Fortunately there has been strong evidence about how small the risk of outdoor events are; Dr. Tracy Hoeg has been the foremost doctor writing and publishing articles making a case for how trail running and ultrarunning events can take place during this time, with certain policies and guidelines implemented. [Here is one of the articles highlighting this.](#)

We still need to respect the virus, recognize that this is a gathering, and understand people will be traveling from out of town, and do what we can to host a responsible event. It's ultimately up to everyone to act reasonable and respect the policies laid out. Please abide by these event policies when attending this years OBU:

- Every runner will be required to fill out a COVID-Screening form the week of the race. This screening will be sent by email as a Google Form. You'll be required to fill this form out before attending the event.
- Runners must wear a mask throughout the event, except for when running and eating. Runners should enter the corral with a mask on when you are not able to stay 6 feet apart. When the race gets down to fewer participants and social distancing can easily be achieved, runners will be able to use their own judgement on whether or not to enter the corral with a mask.
- Crew, volunteers, and anyone not running is required to wear a mask at all times when in the tent space, when around the staging area, and when corresponding with other people. When you are at your car or separated across the property you will not need to wear a mask.
- Volunteers will disinfect the commons area throughout the event, as well the portable toilets.

Space Logistics

- Each runner will be in charge of bringing their own shelter if desired, nothing bigger than a 10x10 tent.
- We've cleared another space that will accommodate more tents to allow for more spacing out compared to 2020.
- Some of you are friends or family that have been running and training together, and may be traveling together to the event. Use your best judgement in sharing space during the race under tents with each other. You may choose to share a tent with your friend group.
- We will extend the starting corral space further back and in multiple directions to allow people to space out.

Glossary of Terms.

Contestants - you all, the runners.

Starting Corral - The spray-painted box that contestants must be in before the bell to be able to start the next hour.

"A Yard" - One 4.16667 course that contestants must complete under one hour, every hour.

Runner Space - The space flanking both sides of the Starting Corral that contestants will have their belongings.

The Commons - The area that contestants will access between loops that includes provisions provided by us, including water, endurance mix, coffee, and foods.

Transition Period - The amount of time between when a runner finishes a loop and the time the bell rings for the next loop.

Last Person - the contestant that wins the race. There is a chance that there is no Last Person.

"RFC" - When a runner finishes a loop, but then does not enter the corral to begin the next yard.

"Timed Out" - When a runner fails to complete a yard in the required 60 minutes.

Location and Address.

McChesney Ridge Athletic Club
2198 Sedan Crabtree Rd.
Lucasville, Ohio 45648

There is a large wooden sign with the property name on it, and you will also see course markings just off the road.

Parking.

Once you enter the driveway, go in about 2/10 of a mile and veer right to enter the main parking area. This lot fits 60-70 cars. ***Please make sure you park cars close together***

At the end of the main parking lot you'll see the start/finish area. If the main lot is full when you arrive, you can drop your belongings off here before continuing up the hill to the overflow parking areas. After seeing the Lake House the driveway turns left and turns back toward the exit. Cars are able to park along the driveway in parallel parking fashion (*please leave space for cars to pass in the driveway). Once the driveway fills cars can fill up the overflow parking lot at the entrance, and then by parking along Sedan Crabtree Rd.

-Main Lot: 60-70 cars

-Overflow Lot: 20-25 cars

-Along Driveway: 10-15 cars

-Remaining cars will park along Sedan Crabtree road - please make sure your entire car is off the road.

*Sprinter vans and small RV's are allowed, but you may not be guaranteed a parking spot close to the Runner Area that you'd be able to access during the run. We do not have space for long RV's.

*****The amount of cars that fit into these spaces depends on how close you park together. Please help us out by parking close to the next vehicle.*****

Packet Pick-up.

Runners can pick up their bib and shirt on a rolling basis starting at 2:00pm on Friday. For runners arriving on Saturday morning, we'll be handing out your bib and shirts starting at 6:30am.

Thanks to Brandon + Holly Photography this year we'll be taking a picture of each runner immediately after you pick up your bib. We'll post these photos and it will have you holding your bib number overlooking the property.

Event Schedule.

Friday.

- 2:00pm - Contestants can start arriving on-site.
- 3:00-6:00pm - Check in, bib and shirt pick-up.
- 6:00pm - Course preview run with me (Michael) - I'll lead anyone interested on a slow run to preview the course the evening before, exactly how it will be run the following morning.
- ~6:30-7:00pm - Food - We will have pizza provided. Vegan pizza and gluten free options will be available as well. We'll have the pizza set up in a large area and will not gather like typical, letting people pass through to grab their pizza as they please.

Saturday.

- 6:30am - packet pick-up for late arrivals
- 7:30am - Bell for start of event and Day Loop
- 7:30pm - Transition to the Night Loop

Sunday

- 7:30am - Transition back to the Day Loop
- 7:30pm - Transition to the Night Loop

Monday

- 7:30am - Transition to the Day Loop
- 7:30pm - Transition to the Night Loop

Tuesday

- I hope we may still be here Tuesday morning.

Saturday Morning Arrival.

If you are not able to make it to the Friday Happenings, you will be able to pick up your bib and shirt Saturday morning, starting at 6:30am. Give yourself time to prepare your stuff and set up your supply in the Runner's Space.

Camping.

Car camping is an easy method for being close to the starting area, but there is also plenty of open space for tent camping. If you are comfortable sleeping in your car, this is most ideal from a space perspective, and you will be closer to the start line.

There are nice grassy areas throughout the property up by the lake and dam. For contestants still competing, this would ideally be for Friday night, and then after you DNF. Your crew can easily access tent locations, or their vehicles, while the contestant is running, as contestants likely won't have the time to access the tent during their Transition Periods.

Camping will be primitive without electricity, water, or tables. Simply a space for a tent on grass or dirt. These spaces will be no more than 0.1-0.3 of a mile walk from the start line.

These locations will be on a first-come first-serve basis starting at 2:00PM on Friday. Once you arrive on the property, we will show you the available spaces for tent camping.

You are free to stay Friday night, Saturday Night, Sunday Night, and any duration when the event is taking place.

Other Lodging.

There is a list of hotels in Portsmouth, Ohio, 20-25 minutes away from McChesney Ridge.

- Quality Inn Portsmouth, 20 minutes
- Super 8 Portsmouth, 20 minutes
- Roadway Inn Portsmouth, 20 Minutes
- Ameristay Inn Portsmouth, 20 Minutes
- Holiday Inn Portsmouth Downtown, 26 minutes

Race Morning.

Race starts at 7:30AM sharp.

If not in the Starting Corral at 7:30AM bell, you are done before you start.

At three minutes till 7:30AM we will kick off the process of blowing three whistles, then 2 whistles at 2 minutes till, 1 whistle at 1 minute till, an announcement at 30 seconds till, a countdown at 10 seconds till, and a bell at the time.

“Runner Space” at The Starting Corral.

We have this section “roped off” to allow only the contestants and their crew.

Anyone not running, volunteering, or crewing is not allowed in the “Runner Space”.

Spaces will be roughly designated with spray paint or flags and can be obtained on a first-come basis closest to the “Starting Corral” beginning at 2:00 PM on Friday.

As you drop out of the race, you must move out of the “Runner Space” and relinquish the space you occupied for contestants remaining.

You are ultimately in charge of bringing in the correct gear, food, supplies to fit in the permitted bags/cooler. Keep this in mind in case it rains, snows, or is cold. Once you begin the race, it may be a disadvantage to leave your little space to run to the car to resupply. That is the purpose of a good crew member, to collect items you need while you run. We will provide what is listed below in “The Commons.”

Once over half the runners have DNFed, the remaining contestants will be able to bring more provisions in. Once the “elite 8” or “final 4” celebrated contestants remain, they will be able to have all the space to them and their crew.

“The Commons.”

There will be another space within the starting area, next to the Runner Space with a fire, and tables. There may also be other propane warming devices, but you may not have the time to linger here long if you are in the race.

This will also be where we have water, Tailwind, and coffee, available for contestants.

Each runner is in charge of providing their own food and calories throughout the event, as it is impossible to provide the unique food needs to every participant. However, like mentioned above, we will have water, Tailwind, and Coffee on a rotating basis that is free for everyone. Leftover pizza from the night before will also be set out and available for runners and crew to eat.

We'll occasionally prepare some foods and announce when we have some hot items available, but it will not be something you should rely on.

Volunteers will be working this space and have things available as the event progresses. Your crew can feel free to use this sheltered space to prepare food and set up stoves if needed.

Rules Specific to Ohio's Backyard Ultra.

Laz outlines the rules that all Backyard Ultra format races should abide by, see below. But here are a few rules that are specific to our event.

- No Dogs
- No Generators for the first 24 hours. Once things clear out and there are not as many participants left, if your crew would like to set up a generator that is fine, but we cannot have generators for the first 24 hours when a lot of people are on site.
- Personal camp stoves ARE allowed
- Headphones are allowed during the daytime trail loops. Headphones WILL BE allowed during the nighttime road loops, but you will need to leave one earbud out to be able to hear vehicles.
- Laz defines trekking poles as artificial aid, so we will also not allow trekking poles. Items like running vests, packs, bottles are allowed however.
- Runners may not receive aid or stop at their tent when they pass through the finish line the first time (double-loop course), or along the course at any point, until they complete their 4.1667 mile loop.
- Crew members may correspond with runners while they pass through the start line after their first loop, and offer verbal encouragement, but they cannot hand things off to the runners.
- The only place that crew may also see their runners during the loop is when they pass through the start line the first time (double-loop course), and up by the house, but only encouragement and verbal correspondence is allowed, and no handing off aid.
- To remove any "grey area" in the rules, we will allow runners and crew to correspond about what they may need at the end of a "yard", but this should only be done when they pass through the starting line the first time and at the spectator area by the house.
- Stopping at the portable toilets during the loop is permitted during the loop.

Backyard Ultra Rules.

These are the rules laid out by Laz that all affiliated Backyard Ultra events must abide by. If runners are caught not following rules applicable to runners, or act in bad faith during the event, they will be disqualified. We will be enforcing these rules for the integrity of all Backyard Ultra events.

***Please see Rule #4 that does not allow trekking poles - this was asked several times. They are not allowed, being considered as artificial aid by Laz.**

1) Course

- . Loop or out and back
- . Must be 4 miles and 880 feet in length
- . Metric equivalent 6.7056 kilometers

2) Starting Corral

- . Measured to fit entire starting field
- . Corral stays the same size throughout the event
- . Participants must be in the starting corral at the bell

3) Starts

- . Each loop starts precisely 1 hour after the last
- . Warning must be given 3, 2, and 1 minutes prior to start
- . All competitors must start at the bell (no late starts)

4) Loops

- . Except for restrooms, competitor may not leave the course until each loop is completed
- . No non-competitors on the course (including eliminated runners)
- . No personal aid during a loop (common aid stations are allowed)
- . Each loop must be completed within an hour to be counted... including the final lap.
- . No artificial aids (including trekking poles)
- . Slower runners must allow passes.

5) Timing

- . Timing of the loops is optional

6) Winner/Results

- . The winner is the last person to complete a loop
- . All others are technically DNF
- . Results of each runner in terms of distance covered are to be given.
- . If no runner can complete one more loop than anyone else, there is no winner.

7) Cap

- . Race must be open ended, without a time capacity.

Toilets.

There will be a row of portable toilets that may be accessed during the loop. This is the only reason that runners may “leave” the course. The position of the toilets will be directly after the start, along the side of the course, so you will not actually be leaving the course.

Runners may also access these toilets in the Transition Period, but it may be a risk to use them during this time, in case you get “stuck” using the toilet when the bell is rung. You will have to make the choice to use the portable toilets “during your loop” or after you finish your loop.

Runner Tracking and Results.

We will be keeping track of contestants as they cross the finish line by recording their bib numbers into our app-based results system. This will ensure no contestants are cheating. Since the course passes back through the start/finish line twice per 4.1667 mile course, we will be tracking those numbers each time.

Periodically, we will be posting updates on the SEOTR Events Facebook Page, with information on who has dropped and who remains, and this is where family and friends should be directed who are at home “watching”. These Facebook updates will be our only form of “live tracking” as internet reception is not readily available.

While everyone but the Last Person is considered a DNF, the results will list everyone’s finishing distance on UltraSignup.com.

Day Course.

- The day/trail course is simple.
- Each 4.1667 mile loop is actually two loops. Each of these two loops is 2.083 miles.
- The day course has between 450-475 feet of elevation gain.
- The day course is a mixture of double-track trail, gravel, grass, and dirt. There is no pavement during the day course.

A public link to the course on Strava can be found here:

<https://www.strava.com/activities/4885410478>

*Each year we modify and alter the course to improve and take out “hard” sections. The above Strava link is the general layout, but may be slightly different come race day.

Note The course has been measured by a wheel that is accurate down to the foot after several measurements. GPS may show skewed and inaccurate numbers, so please trust that the course has been measured with a wheel.

Night Course.

- The night/road course is even more simple.
- Likewise, it is measured to be 4.1667 miles.
- The night course is out and back.
- The night course has a gradual 150 feet of elevation gain.
- The night course opens with a stint of dirt and gravel, before entering pavement.
- Respect all the homes that you pass by on the road section. There are probably a dozen driveways that you pass on the night section. Dogs will be barking.

***New for the March 2021 Date: Runners will be required to wear a reflective vest or shirt of some sort to provide more visibility.**

***Runners should run AGAINST traffic and in single-file, without going out into the middle of the road.**

***When turning around on the night loop, please do so consistently and quickly while watching for traffic and other runners.**

Course Markings.

The day loop will have all intersections flagged off to allow the course to easily be followed. There are no overlaps, opposite directions, or intersecting points along the loop. It's a perfect loop that is run twice to make 4.1667 miles.

The night loop on the road will be minimally marked, with some reflective streamers throughout the road, and a cone and spray paint at the turnaround. We will clearly mark the turn back into the driveway so runners don't miss that, as well as have someone stationed out there during the early part of the night to distinguish the location.

Waitlist Runners.

There may be a waitlist of runners wanting to get into Ohio's Backyard Ultra. If you are registered and not running the race, please let me know so I can invite the next person on the waitlist into the event.

We will take runners off the waitlist up to the start of the race. If we have unclaimed bibs at that time, waitlisters may be present to receive a bib and have a chance to compete, filling the 110 spots.

Crew Members.

Each contestant may have one crew member at the Runner Space during the transition period at a given time. You may have more than one crew member that can take turns, but the other crew member needs to stay clear of the runner area when they are not crewing. This is due to the limited space in the runner space, as well as social distancing policies during the COVID Pandemic.

Crew is important to help the contestant get ready for the next hour and act as a resupply. There is plenty of other space on the property for any other crew members to view the race, but we need to keep the Runner Space pretty clear when the field is still big.

Caveat to the one crew member rule.

Once half of the runners drop out (last year this was around hour 15) two crew members can start helping their runner. Since the field is smaller, there will be more space and it will be open for remaining runners to have more people help.

*Crew members are not allowed to offer aid to their contestant while their contestant is running the loop, only once they complete their 4.1667 mile loop, but can correspond. See rules above.

Resupply Locations Very Close to Site.

Crabtree's Market (3 miles away)

12225 OH-348

Lucasville, OH 45648

Hours

Saturday: 8AM-7PM

Sunday: CLOSED

Monday: 8AM-7PM

Dollar General (3 miles away)

12331 OH-348

Lucasville, OH 45648

Hours

Saturday: 8AM-10PM

Sunday: 8AM-10PM

Monday: 8AM-10PM

*Larger businesses and an array of stores in Lucasville, Ohio (10 minutes away) and Portsmouth, Ohio (25 minutes away)

Volunteers.

If you have already signed up to volunteer, wait for another email for me, or simply show up willing to lend a helping hand. There will be lots of little jobs during the weekend, but primarily more to do when the majority of the runners are still remaining in the event.

If you have not signed up to volunteer, and are interested, you may sign up on [UltraSignup.com](https://ultrasignup.com) to give out your contact information, or simply come to me during the event to say you'd like to help out.

The End and Prizes.

The end of Ohio's Backyard Ultra is when one contestant completes a loop under an hour without another contestant doing so. At that point, they are the winner. There is a possibility of the final two runners not completing a loop under an hour, thus meaning there is no winner.

The winner will receive a cash prize of \$3.00 per mile completed. (e.g. If the winner makes it 36 hours, that equals 150 miles, equaling \$300.00 cash prize). In 2019 Troy Allen was the Last Person Standing and won \$387.90 and in 2020 Tanner Lee was the Last Person Standing and won \$475.60.

The winner will also have their name carved into a plaque shaped like the state of Ohio that will list the winner of every OBU. This plaque will stay at McChesney Ridge and will be hung up during the event.

The Golden Coin!

The 2021 Ohio's Backyard Ultra was selected as a Golden Ticket affiliate race for Laz's Big Dog's Backyard Ultra, meaning the winner of OBU this year will receive an automatic entry into this "World Championship" backyard ultra in October 2021. Laz has sent us a real Golden Coin that the winner will also receive. In the case that the OBU winner receives an entry, we will pay the cost to enter.

All other contestants will be considered a DNF, and will receive a special OBU DNF Token to symbolize your DNF.

All entrants will receive a t-shirt upon check-in.

Michael Owen
Director, SEOTR