



OHIO'S BACKYARD ULTRA

LAST PERSON STANDING

Hello Ohio's Backyard Ultra contestants,

This email will cover all the pertinent details relating to Ohio's Backyard Ultra on March 21, but first I want to start out with a story.....

When I first saw Laz advocating for other RD's to start their own Backyard Ultra formatted race last year, 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 dozens of others around the world. In planning for Ohio's Backyard Ultra last year, 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 the backyard ultras in Florida, Dubai, or Ireland, 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 8 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 one in Florida, 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 food, 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. I think the same atmosphere will come to light this year.

So, on behalf of myself at SEOTR, and Reece 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(s), as well as any friends or family that may come to spectate. With that, feel free to invite spectators to heckle the contestants for hours on end.

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

Glossary of Terms.

Contestants - you all, the runners.

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

A Loop or "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.

The Hecklers - The spectators that will be throughout the course, hopefully giving contestants a good hard-time.

Hospitality Area - the area being provided by Reece, the property owner, or spectators to enjoy the race from.

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

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 close together***

After the main parking lot is where the start/finish area is, the driveway continues up a hill, past the Lake House, and will turn back towards the exit. If the main lot is full, you can continue on this loop back toward the exit where the overflow lot is, along with parking in wide spots along the driveway.

This main gravel parking lot is close to the Starting Corral, but it will not hold all of the cars. Those spots will be taken on a first come basis. There is an overflow lot a quarter-mile from the Starting Corral for the remainder of the cars, and parking slots on the driveway that fits more cars.

- Main Lot: 60-70 cars
- Overflow Lot: 20-25 cars
- Along Driveway: 5-10 cars
- Upper space by garage: 5-10 cars

*****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.*****

Carpooling.

Consider carpooling with fellow competitors, your crew/spectators, and local runners to McChesney Ridge. You can coordinate this in the [Ohio's Backyard Ultra - Year 2](#) Facebook Event Page.

Friday Happenings.

- 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 run to preview the course the evening before, exactly how it will be run the following morning.
- ~7:00pm - Race Briefing (not mandatory) - after we get back from the course preview, approximately an hour after the start, I'll go over any details, answer any questions, and so forth.
- ~7:00pm - Food - We will get a head count and order pizza to be delivered after the course preview. Vegan pizza and gluten free options will be available as well.

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.

First, car camping is recommended. If you are comfortable sleeping in your car, this is the most ideal way from a space perspective, and you will be closer to the start line.

There is a nice grass (as long as grass has grown at this point) yard adjacent to the runner area that will accommodate 30-40+ tents. Other spaces throughout the property will accommodate tent camping as well. For contestants, this would ideally be for Friday night, and then after anyone DNF's. Their crew or spectators would access this more frequently while the contestant is running, as they 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 1/10 - 3/10 a mile walk from the start line, but it would not be advisable for contestants to go to during their Transition Period, as it may waste time. Contestants competing would benefit from sleeping in the Runner Space during the transition time.

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.

Separate from your cars and camping.

****We will provide all the shelter space needed this year! We have a couple large tents that will fit most of the runners underneath, and then we'll use our pop-up tents surrounding those tents to give a large covered area connected to the starting corral. Space within this area will be on a first come basis, and you can sit your chair and bags here to reserve your space closest to the start area. Everyone will be really close, even if you arrive late. As you DNF, you must clear your belongings.

**Feel free to still bring your 10x10 pop-up tents in case there is space for more, but we'll wait to see how this all shakes out when we set up.

We have this section "roped off" to allow only the contestants and their crew. Due to space and fairness, we are restricting contestants to these items to be brought into the Runner Space:

- One lawn chair
- One blanket
- One small cooler
- One duffle bag for clothing
- One grocery bag of food/provisions
- Your one crew.

Separate space will be designated for spectators that are beyond your one crew, and they are not allowed in the "Runner Space" during the transition period.

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 to 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. We play this by ear as people drop.

"The Commons."

There will be another space within the starting area, next to the Runner Space with a fire, and tables that we will have food set up at on a rotating and continuous basis. There will also be other propane warming devices, but you may not have the time to linger here long.

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

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

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 to the public on the SEOTR Events Facebook Page, with information on who has dropped and who remains. There will only be “live tracking” as internet reception is available. Internet and cell phone service is intermittent, so we will do this as opportunities arise.

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 544 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/2196089804>

Note The course has been measured by a wheel that is accurate down to the foot after several measurements. GPS will show shorter than the wheel will show, and watches may record it anywhere between 3.90-4.10 miles. Keep this in mind when using your watch for pace for completing the event.

*In comparison to Laz's original Big's Backyard Ultra, after viewing dozens of Strava entries by past participants, I've seen anywhere from 3.90 to 4.2 miles on his course. I've also seen anywhere from 420-515 feet of elevation gain.

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.

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.

Waitlist Runners.

There is still a waitlist of a dozen+ 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. They are there 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 spectators 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 hour 12) more 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 really have a hard task and are overworked by the contestant. They are tasked with making sure the contestant keeps going, and is able to be ready for the next hour. During the loop, the crew may access their cars, drive into the market, or access any other part of the property to retrieve resupply for their contestant. Be kind to your crew member, they will be as tired as you if you go into the second day.

*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.

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)

Hospitality Area for Spectators.

Reece and Bri, property owners, are graciously opening their large covered deck at their house to spectators who want to hang out during the race to watch the race. This is a great space for seeing runners 8 times throughout each hour. It truly is a "spectator friendly" location to view the race from.

Reece will be preparing food for the spectators throughout the event and you are welcome to bring anything for yourself and to share with others. Alcohol is permitted.

There are also other areas to view the race from, but **non-contestants are not permitted to be on the course that the runners are utilizing.**

Contestants may not be given outside aid when they are on the course.

Please abide by these two rules.

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.

The winner will also receive a "traveling award" that will be handed off to the next year's winner. That award will be shipped to the winner and stay with them until next year's event.

The winner will also have a chance to attend Laz's "World Championship" Backyard Ultra in October. OBU is an affiliate North American race to his Backyard Ultra series and Laz will make a decision if the OBU winner will receive entry. In a case that the OBU winner receives and entry, we will pay the cost to enter.

If there is no winner, no prizes or awards will be given.

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, and it's actually quite nice.

Michael Owen
Director, SEOTR