



Thank you for registering for SRC Presents: A Backyard Ultra. It is race week and here are your pre-race details. ***Please read through this entire email.***

Thank You Sponsors

- Diadora
- NeverSecond
- Bayport Athletic Recovery
- Fat Girl Running

Thank You Volunteers

We still need volunteers so if you know of anyone looking to volunteer have them sign up here: [Volunteer Here](#)

Thank you Participants

We are pleased with the amount of support and participation this event is receiving. We look forward to putting on a great event for the trail and ultra running community.

Bib Pick Up

You can pick up your bib early from Smithtown Running Company(91 E Main St, Smithtown. Parking off Bellemeade Ave.):

- Thursday, December 12th: 11 am - 7 pm
- Friday, December 13th: 11 am - 5 pm
- Race morning you can pick up your bib starting at 6:30 am from the start/finish line area.

Required Safety Gear

If you plan on running through the night you will need the following items to be allowed on the course. These will be verbally checked at check in. The safety gear will be required from 4 pm - 8 am.

- Headlamp/Flashlight with spare/rechargeable batteries
- Reflective vest
- Flashing/Strobe light

If you ordered gear through the race store you can pick them up at Bib Pick Up at the Smithtown Running Company or the morning of the race at Blydenburgh.

Aid and Aid Station

- **There will be a common aid station at the start/finish area that will be available for all runners. It will be stocked with all the usual aid station items at an ultra marathon.**
- **One crew member will be able to assist at the start/finish area only. Please keep crews to a minimum especially early on in the race. No on course support or pacers from your crew.**
- **There will be no aid station on the course.**

Sports drinks, gels and bars will be provided by NeverSecond.

Parking

Backyard Ultra participants will park in the picnic area near the start/finish line.

1 Lapper participants and crew members will use the boat launch and dog park parking lots to park.

Please **DO NOT** park on the roadway as this is part of the course.

We ask that participants trying to leave after the conclusion of their event do so 10 minutes after the start of the next hour's race and 10 minutes prior to the conclusion of that hour's race. When leaving in the dark please drive with extra caution as there will be participants on the road course for the duration of that hour's race.

Results/Runner Tracking

We will be publishing each hour's race results. [You can track the progress here.](#)

Completing Your Race

When you have completed your race and no longer wish to continue please notify the race staff at the start/finish line.

Gear Set Up

- You can arrive starting at 6:30 am on race morning, and no earlier.
 - Set ups should be compact and take up limited space.
 - We have over 200 participants and need to have room. If you are sharing a canopy with other runners that is appreciated. Setups larger than 10'x10' please utilize the space around the perimeter of the parking lot.
 - Personal setups should be set up for aid only (food, camping chair, bin of gear etc) **They should not be set up to hang out or sleep through the night. No RV's, motorhomes, camping trailers etc will be permitted in the lot.**
 - Heaters - No fires or open flames. Heaters should be battery powered and be supervised when in use. When not in use they need to be turned off.
 - The area near the start/finish line will be reserved for participants not setting up a canopy.
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Event Rules

Please familiarize yourself with all the rules of the event before starting. This is a very unique event and has very particular rules. Remember we didn't invent the format, we're just trying to have some fun putting one on.

For all details of the event please visit our registration page.

[Race Website](#)

