

## Dear participants of the Austria Backyard Ultra - Kirchdorf/Tyrol 2024!

We are ready for a great running festival with all the habits of a running competition as we love it. We have summarized some important points for you:

### 1) Arrival and athletes

Please refer to the directions on the homepage for the best parking options. All parking spaces are either directly at the event site or can be reached quickly on foot.

There is a small and a large area for your pavilions a few meters from the start/finish area. **Please note that camping there is only possible to a limited extent, as these are asphalt/gravel areas. Please understand that you are not allowed to camp on the adjacent meadows.** If you still need accommodation, please contact the tourist office on +435352/633350 for advice and assistance.

A hall will be available as accommodation for athletes from 20.07. onwards. This is directly adjacent to the start/finish area.

There will be no allocation of places in the athletes' hall or in the pavilion area. Therefore, please be fair and remember that you are not alone and that other participants would also like to use this opportunity. We rely on your consideration for each other and cooperation.

There is no electricity in the pavilion area. Charging facilities will be set up in the Athletes' Hall and are freely available.

Please leave the areas you use clean and take your garbage to our collection point!

### 2) bib number collection

Friday, 19.07.2024 from 5:00 p.m. - 7:00 p.m.

Saturday, 20.07.2024 from 07:00 am - 08:30 am

We recommend all those who can make it to **pick up their start numbers on Friday, 19.07.2024** to make the preparations stress-free. For you AND for us ;-)

**Please have EUR 10,- ready for the deposit of the timing chip at the start number pick-up.** You will get this deposit back after the race.

Late registrations are possible on site up to 1 hour before the start.

### 3) Catering for runners and companions

**Food and drink** will be provided on site during the event. Here you (and your supervisors/chaperones) can buy food and drink at reasonable prices. There will also be an **aid station** where you can buy the necessary materials at a reasonable price. (blister plasters, sun cream etc.) However, we ask you to pack enough of these items as they will not be available for the entire duration of the race.

At the **refreshment station** for runners in the start/finish area, we endeavor to provide a rich and varied offer. E.G: Bananas, apples, salty snacks, tomatoes, salt, sandwiches, spreads, cola, iso, water, cake, etc. Depending on the weather and temperatures, we will make soups and/or toast in the evening.

Please understand that we cannot offer the above-mentioned items continuously and that we do not yet know which products we will actually be able to organize.

If anyone needs special catering, please take a basic supply with you. It should not fail because of the food.

There is no refreshment station on the route. Please make sure you take your own liquid with you on the route. In the hot summer temperatures, even a short 6.7 km lap without drinking can be disastrous.

**Please take your own cup for drinks!** That way we can reduce unnecessary waste.

#### 4) Catering partner

For your catering we were able to win AeroBee and Dsire Teadrink as partners. Convince yourself of the products in our athlete catering and in your start bag.

#### 5) Support on the track

According to the official Backyard Ultra rules, participants must complete the 6.7 km run without assistance! Accompaniment and support on the course is NOT permitted!

#### 6) Sanitary facilities

Public toilets are located directly at the event site, as are the showers. We kindly ask you to leave them as you would like to find them.

#### 7) Weather conditions

There are large shields in the start/finish area for hot or rainy weather. Part of the area is also protected by canopies and a large athletes' hall is available. However, please remember to bring **your own heat, cold and rain protection**.

#### 8) Early morning pint and athletes' breakfast

On Sunday, an **athletes' breakfast** is planned for all those who complete 24 hours (=100 miles). There will also be delicacies from the kitchen and the bar. So that nothing stands in the way of a convivial morning pint. So for athletes who have already dropped out earlier, it is advisable to plan until at least Sunday afternoon ;-)

#### 9) Track and environment

The running route runs along the renaturalized Achendamm and is adequately marked. You are running in a local recreation area surrounded by nature with animals and plants and leave this habitat as you entered it. If anyone is caught littering or behaving inappropriately in nature, they will be immediately disqualified from the competition.

Incidents will always be assessed by the organizing team on a case-by-case basis.

**Entering all adjacent meadows is prohibited by the landowners. The race takes place exclusively in the marked area - please avoid the meadows under all circumstances!**

#### 10) Track profile

The route is mainly on asphalt and gravel, but also has a small amount of meadow with a steep final section that has to be negotiated carefully, especially in the rain. The entire route is extremely flat and has only 9 meters of elevation gain.

### **11) Mandatory equipment**

Apart from a headlamp at night, there is no compulsory equipment.  
Trekking poles are not permitted!

### **12) „Survivor“ – medals**

We are particularly proud of our unique "Survivor" medals made of wood, which every participant receives.  
Let us surprise you.

### **13) DNF and chip return**

If you're sitting at the finish line crying and don't feel like running anymore, **you MUST personally DECLINE!**  
Please be sure to return your timing chip!

**The river Großache is located right next to the course, which is why we take special care here! If someone cannot be found on the course or in the finish area 30 minutes after the end of the lap at the latest, we will have to initiate the rescue chain! Any costs incurred will be charged to the athlete!**

### **14) Insurance**

Please make sure that you are adequately insured for any injuries and incidents that may occur while running in nature.

### **15) CHARITY-CAMPAIGN!**

The most important thing comes at the end! The whole event has once again been organized for a good cause.

Collections will be made for the voluntary care association "Gsund & Lebenswert", which provides unbureaucratic support for mobile care for people in need of care in the region. You can find more information at

<https://www.gsund-lebenswert.com/verein-gsund-lebenswert>

**We would be delighted if you could donate EUR 1 per lap into our donation box for the charity campaign after your run. On a voluntary basis.**

We want to offer you a perfect competition and see you run as far and as long as possible.

Perhaps the world record, which currently stands at over 100 hours, can be beaten in Kirchdorf? We have reserved more than enough time for you.

We look forward to welcoming you to Kirchdorf on 20.07.2024.

If you have any questions or suggestions, please contact us by email at [info@austriabackyardultra.com](mailto:info@austriabackyardultra.com) or by phone (Norbert +436608040877 / René +436607741145).