



Information Pack



Congratulations,
you nutcase,
on registering for the first
Potch Big Backyard Ultra!!



4. Each yard starts precisely sixty minutes after the last (that is one hour).
5. Warning will be given, by the blow of a whistle, or Koedoe horn, three, two and one minute prior to the start of the next yard.
6. A sacrificial lam will be slaughtered thirty seconds befo....ok not really!
7. All competitors must start at the bell (or something similar making a hellofa noise) from within the designated corral - no late starts are allowed.
8. Except for restrooms (read: veldties), competitors may not leave the course until each yard is complete.
9. No non-competitors on the course (including eliminated runners), and in-laws... and out-laws.
10. Trail dogs³ are welcome, except those that bite, trip and/or pee on other runners.
11. No personal aid during a yard (common aid stations are allowed...more on this later).
12. No artificial aids on the course (including trekking poles, voodoo dolls, blankies and safe animals).
13. Slower runners must allow passes (and drop kicks, scrums and dummies).
14. The winner is the last person to complete a yard.
15. All other runners will receive a hearty DNF.
16. Results of each runner in terms of distance covered are to be given (not sure who will do this but we will figure it out!)
17. If no runner can complete one more yard than anyone else, then, well, there is not winner.
18. The race is open ended (this means we do not determine the maximum amount of yards run).

Route

The GPX file of the route can be downloaded here: <https://event81.co.za/pages/pbbu>.

³ DISCLAIMER: No trail dogs are eligible for the title of "Ultimate, Most Bestest, and Greateststest, Champion, Ruler of all Yards and Demi-God of the Potch Big Backyard Ultra".

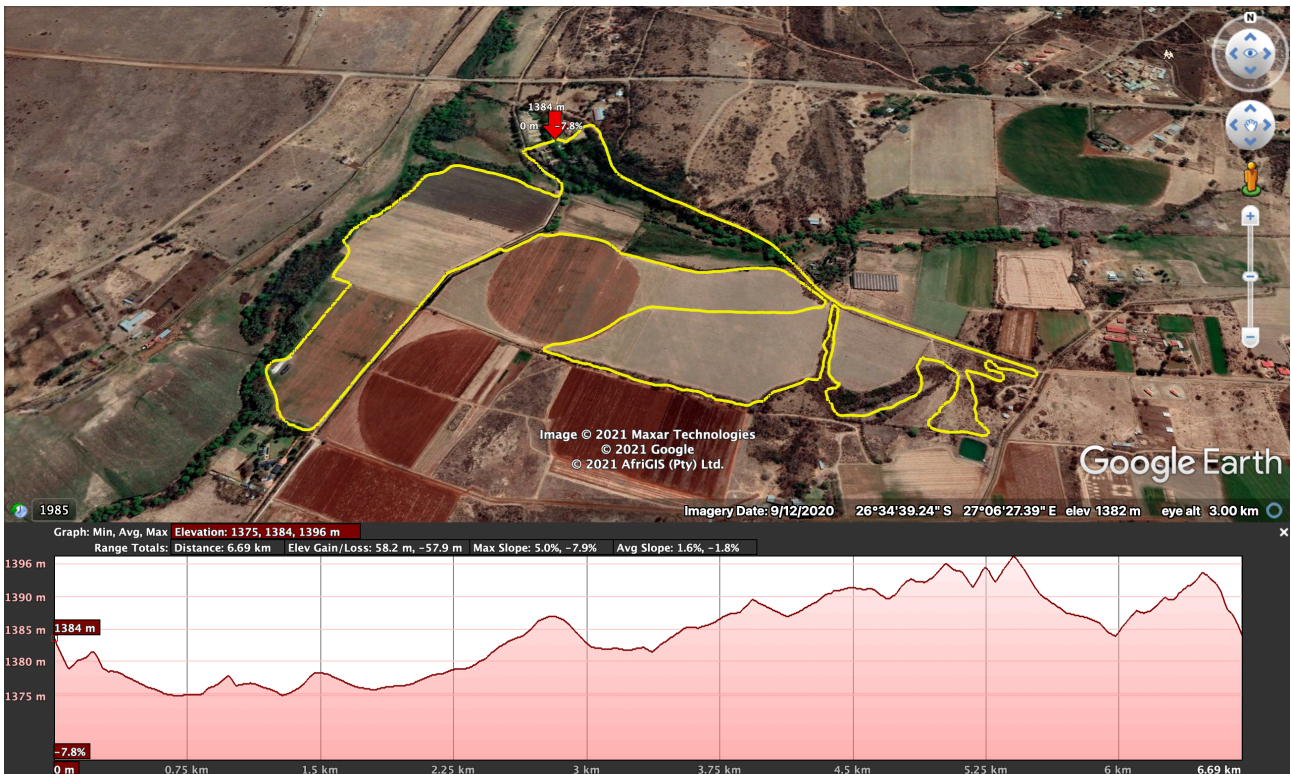


Figure 1: The PBBU Yard

Gear

Most Backyard Ultras are won with between 20 and 30 yards, with low key grassroots events generally running from 12-24 hours. Being in Potch we are blessed with numerous superheroes able to push over the 24-hour barrier. Gear therefore is of utmost importance. (Side note: You did notice that this one is run on 19 June onwards, right?). Although there is no compulsory gear for this run we do suggest you consider the following:

- A reliable weather app 5 days prior to the event.
- Something warm, and fuzzy (spouses and Philippa Gregory books excluded).
- Nutrition and hydration for your aid station that will delay the sweet release of DNF'ing.
- A hydration belt/pack. Although each yard is only 6,7km, you might get thirsty...then what?!
- A reliable headlamp with replacement batteries (especially for those considering running more than 10 yards).

- Replacement socks and maybe an extra pair of shoes (trail shoes dummy!).
- Pocket money for Toro coffee and other snackies.
- Hat and sun cream....yeah, yeah...19 June I know.....all I can say is: Potch!
- Sleeping bag, comfy chair/stretcher, warm blankie⁴.
- Cheerleaders with pompoms.
- SARS-CoV-2 is considered non-gear.

Aid stations

Each runner is responsible for her/his own aid station. Aid stations/gazebos/tents/igloos/mountain huts/shipping containers must be erected in the designated area and should not interfere with the course route. These aid stations can be communal (shared between runners) and must be able to assist the runner(s) for the duration of their event. Each runner will be allowed an area the size of a standard gazebo (3m x 3m). However, if you want to be nice, team-up and share a space. No COVID-19 vaccines may be administered at any aid station....except if you are a registered vaccinated-thingy point. At which point we question your decision-making, motivation and commitment to this race.

Teams

Although this is not a tag-team event, you are welcome to make your own team (of 4 runners) and compete against other teams. The cumulative yards of each team will be used to determine the winner.

In-flight entertainment

The cool and generous staff of Hartspad and Draaipunt-Koffiekafee has graciously agreed to ensure a steady 24/7 flow of coffee to all participants and supporters. A massive bonfire will warm your weary bones between yards and offer your supporters the opportunity to have a lovely braai, without you, while you suffer.

⁴ Refer to point 12 above.

COVID-19 compliance

This event is totally COVID-19 compliant. All runners and support teams are requested to adhere to the screening and social prevention protocols of Hartspad Adventure Trails. All runners must wear masks within the corral and may only take these off once an adequate distance has opened between runners (approx 2m). Runners are requested to wear masks once a yard is completed, within safe distancing protocols.

Yard-Chart

So you need a little help in planning your race. Don't sweat it. Maybe the chart below will give you some guidance...or not!

My furthest run EVER is:	This equates to:	Just one more loop....
5km	less than 1 yard	1 yard (yay!)
10km	Less than 2 yards	2 yards (double yay!)
21km	Just over 3 yards (rats!)	4 yards
42.2km	6,2 yards	7 yards
50km	7,4 yards	8 yards
80km	11,9 yards (I know, right!)	13 yards
100km	14,9 yards (oh for the love of....)	16 yards
120km	17,9 yards (I give up!)	19 yards
150km	22,3 yards	23 yards
160km (or 100 miles if you like)	24 yards	25 yards
200km	29,8 yards	30 yards
207.7km (current SA record)	31 yards	32 yards (and we kiss your shoes!)
214.4km (new SA record!!)	32 yards	Well this all depends if you are the last person standing, no?!

268km	40 yards (you qualify for the standby list to go to Tennessee in the mighty United S of A for the Big Dog Backyard Ultra! -all costs are your own)	Seriously? At this point you should seriously consider putting in leave for Monday!
455.6km	68 yards (most yards by a female)	69 yards
462.3km (new female record)	69 yards	70 yards
502.95km (World Record)	75 yards	76 yards
509.2km (new world record)	76 yards	77 yards