



ROCKY'S BACKYARD

ULTRA RACE

One More LAP

OCTOBER 14, 2023 10AM
YMCA OF THE ROCKIES, ESTES PARK, COLORADO



RUNNING
WILD



Athlete Information

Good morning Backyarders!

Most of this email is the same you received on Saturday but please read the **course changes** below.

Course Information - UPDATED Oct 11

New course map as of 10/11/23

The last two days we've been busy aggressively marking the course to keep you on track during your most sleep deprived moments. Unfortunately, we did too good of a job and our markings scared the horses.

That has led to a couple course changes:

1. The course has changed to include more single track and less shared horse trail. Delete your old gpx file and get the new one above.
2. The two sections of trail totaling 2/3mi we share with horses will have **NO** flagging during the daytime. Most is just straight with no chances to get off course except for **two intersections at .6 miles and .7 miles**. A volunteer will be at both spots for the first two laps. We will add reflective markings for the night and remove at dawn.
**We are planning to use flour at both intersections but no pink flags or markings

The finish will have a new bit of funky routing to get the exact distance. This section is heavily marked, but I still recommend walking this .2mi section before the race starts so you are familiar with the routing.

COURSE SAFETY:

Each lap you will cross the main entrance to the YMCA twice, out and back.

YIELD TO CARS HERE- make eye contact, wait for them to pass and cross safely. You're not racing for time so be smart on this crossing.

Packet Pickup | Pre-Race Party:

[Friday, October 13th 4-5:30pm](#)

[Vert Coworking Directions](#)

Vert Coworking have been supportive of us since day 0 and we can't thank them enough. Come check out this amazing facility with saunas, functional fitness, Climbing gym, office space and the best patio in Estes.

Swag

We will have limited Rocky's Backyard & Running Wild Estes Park swag for sale - cash or Venmo.

Race Day:

Race takes place at the [Upper Cookout pavilion](#)

Start Time: 10AM

PPU : 8-9AM

Athlete Village opens: 730AM

Get here early, see **Parking**

Parking:

Runners may drop off their supplies at the [Boone Family Mountain Center parking lot](#). After unloading you **must** move to a different parking area for the duration of the race. Runners may **NOT** park at Boone Family Mountain Center parking lot. This lot is reserved for spectators, race officials and YMCA guests enjoying the Boone center.

The closest parking for runners includes:

[Sweet Memorial parking lot](#)

[Administration Building parking lot](#)

[Deer Ridge Lodge parking lot](#)

ALL athlete parking is 1/4 - 1/2 mi walk to our race site; plan accordingly. **This includes one-baggers.**

Race Site:

Our race starts & finishes at the [Upper Cookout Pavilion](#)

The closest location to drop supplies & for crew access is [Boone Family Mountain Center](#).

Portable restrooms will be provided near the start/finish and at least 3 are located on course.

Athlete Village:

Runners may setup their own space, up to 10x10in the grass East of the start/finish line. You may claim a spot starting at 730am.

DNF

When you are ready to quit you must notify a race official. If you don't, we will send people looking for you.

Cell Phones

Do not plan on your cell phone having service at any point during the race.

Aid Station

Do not rely on the race providing everything you need.

Our race is cupless.

Always:

- **Water**
- **Sports drink - VFuel - founded in Estes Park**
- **Fruit- apples, bananas, etc**
- **Packaged food**
- **VFuel gels**
- **junk food**
- **pickles & pickle juice**
- **coke**
- **hot water**
- **Broth chicken & veggie**

Intermittently:

- Coffee - Flattop Coffee
- Waffels - Waffel Mountain
- Athletic NA Beers - Waffel Mountain
- Walking tacos - my personal favorite ultra food
- Noodle Soup
-
- Cookies from your fellow racers!
- If you bring it, we will grill it
- know someone that would make 25-100 servings of something awesome for our runners? Have them [email me!](#)

Wildlife:

Avoiding wildlife is the only acceptable reason to not follow the designated course. No runner will be disqualified or penalized for going off course to avoid wildlife.

This time of year the Elk are in rut. The males are angry, horny and ready to fight; if provoked they will charge you.

If you encounter Elk on course (you will) give them at least 75ft of space. Cut into the woods, cross the creek, wait them out, whatever you have to do to not run at an Elk and keep 75ft away.

Less likely encounters include moose, bear and bighorn sheep. The same distance rules apply.

Estes Valley Trail Runners Group Run

[Wednesday, October 11th at 5:15pm](#) we will be hosting a group run to preview the course!
Location: [Boone Family Mountain Center](#)

Weather:

The large weather sites never get Estes weather correct.

Here is what I trust for Estes/RMNP weather

[Estes Park Weather](#)

This is the Rockies, come prepared.

Thank you all for believing in this idea and coming along for our first year!

Kevin Benes
Race Director

[Rocky's Backyard Ultra Race](#)