

 **momentus.**
BACKYARD
ULTRA[®]
6706 METER 4.167 MILES

**ATHLETE
GUIDE**

2024

WILLIAMS RUSHING FARM

WELCOME



Welcome to the inaugural Momentus Backyard Ultra! We are so excited to share this amazing test of personal endurance and determination with you.

This is one of only a few official Backyard Ultras in the Carolinas. We are so grateful that you're here!

Before we get to the good stuff, we have three simple requests:

Be safe. We've taken all the necessary steps to protect our athletes on the course, but this is live, outdoor event.

Have fun. From the event itself, our beautiful host venue, and the Race Village, we hope you soak it all in and create new memories.

Help us get better. We have a great event planned for you, but you can help us make it even better - so tell us what you liked and what you didn't.

momentus.

GO
AHEAD
EVENTS

CONTENTS

This athlete guide covers everything you need to know about the Momentus Backyard Ultra

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RACE VILLAGE

7325S ROCKY RIVER ROAD
VEHICLE ENTRANCE

CLOSES AT 7:15AM!



RACE VILLAGE

START



RACE HQ

PORTABLE TOILETS

50 m

300 ft



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PRE-RACE

Pre-Race Packet Pickup and Athlete Meeting



THURSDAY May 30th, 2024



5355 Ballantyne Commons Pkwy #200 Charlotte, NC



6:00 PM - 7:00 PM (Athlete meeting at 6:30 PM)

Race Day Packet Pickup and Athlete Meeting



SATURDAY June 1st, 2024



7325 S. Rocky River Rd Monroe, NC 28112



6:00 AM - 7:15 AM (Athlete meeting at 7:00 AM)

All athletes must attend the mandatory athlete meeting. You may choose either option above, but you must attend the meeting in order to compete.

NOTE: If you plan to attend the race day athlete meeting, please plan to arrive early. The race venue is a beautiful, but vast property, so please allow yourself plenty of time to arrive, unload any support gear/camping supplies and make your way to the Start/Finish line to pick up your bib and attend the meeting.

RACE DAY

Race Day Schedule

5:00 AM - Venue opens

6:00 AM to 7:15 AM - Packet Pickup

7:00 AM - Athlete Meeting

7:15 AM - All athletes should be on site and checked in

8:00 AM - Backyard Ultra, Fun Run, Ruck Starts

Race Day Arrival



*Please allow plenty of time on race morning.
Parking, camping and the Race HQ/Start area are
spaced at some distance, so arrive early!*



Location details: Use the farm address (7325 S. Rocky River Rd Monroe, NC 28112) to navigate to the entrance. Look for event signage and follow all signage and volunteer instructions to ensure you enter the property at the correct location.

Park your vehicle and carry any supplies into the designated camping area

You will *then* proceed to the Start/Finish line area for packet pickup/athlete meeting (if needed) and the start of the race.

RACE DAY

Parking

There is plenty of parking available on site. Please follow “Event Parking” signs and directions of staff. **PLEASE park ONLY in the designated event parking area**

Camping

Participants may set up personal aid stations or camp spots upon arrival. NO overnight camping on Friday night, and no access will be granted to the venue prior to 5:00 AM on Saturday.

Allowed: Contained cooking devices such as camping grills

Not allowed: Ground camp fires

Trash receptacles will be placed throughout the race village. Please “leave no trace” and respect both the host site and your fellow camping neighbors.

Race Start

The race will start promptly at 8AM ET for all athletes (Ultra, Fun Run and Ruck). You must be in the starting box prior to 8AM in order to start the race!

SAFETY & SUPPORT

Safety First!

Athletes and spectators/crew teams should bring sunscreen, bug repellent and any other items deemed necessary. We will have certified EMTs on site for the duration of the event in the case of emergency.

Please note that athletes are REQUIRED to use headlamps or personal illumination mechanisms on the course between dusk and dawn.

Hydration and Nutrition

We will provide refillable water stations **FOR ATHLETES ONLY**. Runners should come prepared with all necessary sustenance (aside from water) to fuel their endurance for the duration of the event

NOTE: This is a cupless race. While refillable water stations will be available to athletes, you are responsible for bringing your own water bottle, cup or vest.

Spectators and crew members must be fully self-sufficient regarding hydration and nutritional needs.

Crew Member Support



Per official Backyard Ultra rules, no athlete may receive outside assistance while on the course. All crew member support activities are limited to the parking area or Race Village.



AMENITIES

On-site Amenities

- Certified EMTs will be on site for duration of event
- Limited supply of light refreshments will be available for sale
- Portable bathrooms will be available near the start/finish area

Nearby Amenities

We are so excited for you to experience the beauty of our host venue, Williams Rushing Farm. There are several amenities within a ~ 10 minute drive from the Race Village.

CONVENIENCE AND SUNDRIES

Exxon

4433 Pageland Hwy, Lancaster, SC 29720

Dollar General

4472 Pageland Hwy, Lancaster, SC 29720

FOOD AND NUTRITION

Buford Little General Store

1897 N Rocky River Rd, Lancaster, SC 29720

Buford Variety Shop

4450 Pageland Hwy, Lancaster, SC 29720

Pepperoni's Pizza

6203 S Rocky River Rd, Monroe, NC 28112

Lighthouse Coffee at The Craving Corner

214 Rocky River Rd, Lancaster, SC 29720

BACKYARD ULTRA RULES

PLEASE READ CAREFULLY

As an official Backyard Ultra, we strictly adhere to the following rules:

- The course is 4.167 miles long
- Runners must complete the course, called a “YARD”, within the hour
- Runners must be in the start box at the top of the hour. Any runner not in the start box by the time the next loop starts will receive a DNF
- Each YARD starts at the top of the hour. 3, 2, and 1 minute warnings will be given
- Runners have 1 hour to complete each YARD. If a runner finishes before the hour is up, they can use that additional time however they like but must report back to the start box before the next YARD starts
- All YARDS must be completed within one hour to be counted, including the last YARD
- Competitors may not leave the course during a YARD
- No assistance can be provided on the course; the runner cannot take aid or hand off gear to any person during the yard. Runners may only receive aid after they complete a YARD and before re-entering the start box for the next YARD
- No non-competitors, including eliminated runners, are permitted on the course at any time
- Cheering and spectating allowed and encouraged from the Race Headquarters / Race Village ONLY
- Slower runners must allow others to pass
- No artificial aids (including trekking poles) are allowed
- If no runner can complete one more YARD within one hour alone, after all other runners DNF, there is no winner

POST RACE

Athletes, spectators and crew members are welcome to stick around, even after you're done. Enjoy the beautiful scenery and cheer on fellow athletes!

We'll have music playing throughout the event and there will be cornhole boards available for light-hearted competition in the Race Village.

You may exit and return to the property via vehicle as well. We just ask that you exercise caution when driving as the driveway shares the path with athletes for a short stretch. Remember: Athletes have the right of way!

Results

Race results will be available on

<https://runsignup.com/Race/NC/Monroe/BackyardUltra>

 momentum.
BACKYARD

ULTRA[®]

6706 METER *4.167 MILES*

**WE' LL SEE YOU AT
THE FINISH LINE!**