**RED DIRT BACKYARD ULTRA 2025 RACE MANUAL  
General Information and Race Rules**Version 1 released 15/10/23

**Introduction**

Welcome to the Red Dirt Backyard Ultra. This Race Manual provides Red Dirt Backyard Ultra Runners and their Support Crews with the information they need to prepare for and participate in the Red Dirt Backyard Ultra event. 

**Public Authorities**

The conduct of the Red Dirt Backyard Ultra is dependent on the cooperation of Department of Planning, Lands and Heritage (DPLH) and the City of Karratha. Without the cooperation of all parties, the Red Dirt Backyard Ultra would not get the support it does to exist. In order to gain their approval, a number of their requirements have been incorporated in the Rules for the Red Dirt Backyard Ultra. So that Red Dirt Backyard Ultra can continue in future years, all Runners and their Support Crews are requested to abide by the Rules as specified in this document and to obey any lawful directions given by authorised members of the above organizations.

**Race Organisation**

Subject to the superior powers of the above-mentioned Public Authorities, the Race Director has authority on all matters related to the Red Dirt Backyard Ultra during the event. 

**Volunteers**

The success of the Red Dirt Backyard Ultra is dependent on the help of a plethora of volunteers giving up their time to assist you in reaching your goals. Please treat them with respect and thank them when you have the opportunity.

**Race Date and start location**

The Red Dirt Backyard Ultra race will start at 7am on Saturday 5 July 2025. The event is located at the rear of the Discovery / Balmoral Caravan Park, Bayview Road Nickol, Western Australia.

Parking will be across Bayview Road on the gravel area. Vehicles are not to be driven to the staging area, unless specifically advised by Race Organisers.

**Qualification**

***Age***

Runners must be at least 18 years of age on the day of the race for the Red Dirt Backyard Ultra. Under 18 years must get approval by the race directors before completing the registration process. Please email [pilbaratrailblazers@gmail.com](mailto:pilbaratrailblazers@gmail.com) before completing registration. It is also mandatory that all under 18 year old runners have a support crew of at least 1 over 18 adult at the event at all times.

**Experience**

A backyard ultra is an unlimited number of 6.71km laps, and the entrants are expected to have a reasonable base fitness level, with regular running experience. Entrants are expected to be in good health and trained sufficiently to complete the distance selected. By entering this event you are agreeing that you have trained sufficiently for the distance that you attempt.

**Maximum Number of Entrants and entry process**

Entries will open at 9:00am AWST, Friday 5 July 2024

**Entry List**

A list of Entrants will be maintained on the Red Dirt Backyard Ultra Members Webpage within a month of the event.

**Waiting List**

In the event that the maximum number of Entries is reached, a Waiting List will be compiled with entries received in chronological order. If any accepted Entrants withdraw then their places will be offered to those on the Waiting List. Such offers must be accepted and the Entry Fee paid within three business days or the vacant place will be offered to the next person on the Waiting List.

**Entry Fee**

The entry fee is Launch pricing $50 per person for the remainder of 2024, early bird pricing $60 per person from 1 Jan to 31 March, Standard pricing $70 per person from 1 April until 31 May and late entry pricing of $80 per person from June 1 to 28 June.

**Entry Closing Date**

Entries will close at 11:59pm WST 28 June 2025 unless sold out.

The closing date is final. There will be no reopening of tickets after 28 June 2025

**Postponement or Cancellation**

It is possible that some kind of unforeseen event or emergency, such as a bushfire or flooding, might prevent the Red Dirt Backyard Ultra going ahead. In that case, as much notice as possible will be given to all entrants.

Should the event need to be canceled due to natural causes/disasters out of our control, then no refund will be offered.

Should the event be canceled by the organisers for other reasons, then race organisers will endeavor to provide an alternative date or some level of refund to entrants. The amount of this refund will be determined by the level of expenses incurred at the time the decision to cancel the event is made. The refund may not be for the full amount paid.

**Refunds**

Any entrant withdrawing from the Red Dirt Backyard Ultra prior to 1 June 2025 will receive a credit minus a $30 administration fee, this credit can be utilized for another event or merchandise. Alternatively the full registration may be transferred to another participant. Strictly no refund applies for cancellations after this date.

**Race Numbers**

Race numbers will be provided at bib collection prior to the event and must be worn in a prominent position on the front of shirts. Be mindful of this if you plan to change shirts or remove layers during the course of the event.

**Unofficial Runners/Pacers**

No unofficial runners or pacing of any kind is permitted in the Red Dirt Backyard Ultra. 

**Disqualification**

The Race Director may prevent any runner from starting (even after their entry has been accepted) or continuing in the Red Dirt Backyard Ultra events if any of the following occurs:

* The runner or their support crew breach race rules.
* It is decided that the runner may be placing themselves or others at any risk whatsoever.
* Any other reason deemed sufficient by the Race Director.

**Fitness**

The Red Dirt Backyard Ultra events are demanding physical events. By entering, runners are acknowledging that they have trained appropriately for the Red Dirt Backyard Ultra events.

**Awards & Presentation**

There will be a Presentation Ceremony where awards will be made to the Last One Standing. This is to be held under the official’s marquee at the start/finish line as soon as possible at the conclusion of the event.

DNF awards will be presented to all official finishers on completion of their event at the finish line. All entrants are encouraged to stay after they finish to support other entrants, and to attend the awards ceremony.

**Results**

Every effort will be made to publish detailed Race Results on the Red Dirt Backyard Ultra Members Web page within 48 hours of the event finishing.

**AURA use of personal information**

It is a requirement by AURA (Australian Ultra Runners Association) that race organisers furnish within 30 days after the race, information for their database of the competitors (first name, last name, mailing address, telephone number, email address and DOB). This is for purposes of email newsletters, records and rankings and for their competitor database generally. This information will not be passed on by AURA to third parties. By entering the race you consent to your personal information being used as described.

**Race Day Check-In**

All runners must check in at the starting marquee between 4:30pm-6:30pm Friday 4 July or between 6:00am and 7:00am on Saturday 5 July.  PLEASE DO NOT ARRIVE AT THE LAST MINUTE.

**Pre-Race Briefing**

There will be a Pre-Race Briefing which must be attended by all Runners and Support Crews at 6:40am 20 minutes prior to the race at the start line. The Pre-Race Briefing will also be posted on the Pilbara Trailblazers FaceBook Page. Please comment on there that you have read and understood, and ask any questions that you have.

**Course**

Runners must follow the specified course at all times. If runners leave the course (ie toilet break) they must return to the same point before proceeding. Runners must be in the corral at the beginning of each lap. Once the bell goes for the start of each lap, runners must cross the start line and proceed with the lap. No support crew are to assist runners in any way whilst they are running the lap. Runners may be attended by their support crew after they have entered the corral at the completion of their lap and before the next starting bell goes off.

***Detailed Directions***

Electronic maps will be provided on the website for download in GPX format.

***Trail Etiquette***

Runners should show courtesy to all people including other path users encountered on the Red Dirt Backyard Ultra course. The course will be open to other users including bicycles on the day.

**Hazards**

***Track Conditions***

Entrants must cope with a combination of track surfaces. The track is all gravel trail, both soft and hard surface, no technical elements. Pot holes may exist on the trail. Runners should be careful and take caution.

***Water Crossings***

There should be no water crossings on course, however if there is unseasonal rain the course may have water. This will be detailed in the pre-race briefing.

***Course Marking***

Red Dirt Backyard Ultra course is one continuous loop for the 6.71km. All turns at intersections will be marked suitably.

***Navigation***

The race will start in a clockwise direction and continue the same throughout the race.

***Traffic***

Runners are likely to encounter bicycles, pedestrians, dogs and possibly dirt bikes on the loop as it is an open recreation area. Please use common trail etiquette.

***Medical***

There are significant and possibly life threatening medical risks associated with running the Red Dirt Backyard Ultra. Please note that while first aid kits will be available at the aid station, volunteers are not necessarily qualified in first aid. We will therefore endeavor to have first aid volunteers on hand throughout the event.

Potential risks from running an ultramarathon include but are not limited to:

* *Renal shutdown (a.k.a., kidney failure)*
* *Hypothermia*
* *Hypert**hermia (heat stroke/heat exhaustion)*
* *Hyponatremia (low sodium and chlo**ride levels)*
* *Injuries from Falling*
* *Overuse Injuries*
* *Extreme fatigue*
* *Snake and spider bites (sit down and wait for help, do not move)*

It is recommended that competitors adequately research these and other potential risks before competing in the Red Dirt Backyard Ultra. If runners experience any of the above they should try calling on their mobile phone for assistance. The Pilbara Trailblazers numbers are (Zoe RD) 0409 554 224 and Jacinta (ED) 0436 380 005 and you should key these numbers into your phone’s directory in advance. 

**Insurance**

The organisers of the Red Dirt Backyard Ultra have public liability Insurance coverage through the Australian Ultra Runners Association (AURA). This insurance does not provide any coverage for injury or illness to entrants, spectators or support crews. All entrants, spectators and support crews are encouraged to ensure they have medical insurance that covers them for injuries or illness sustained during the Red Dirt Backyard Ultra.

**Race Communications**

You are required to carry your mobile phone for the duration of the race with the Race Director phone number stored. All race officials will carry mobile phones and have phone lists that include the numbers of organisers, other checkpoints, support crews and emergency numbers (police, doctor, hospital, ambulance, poisons information, tow trucks, RAC, etc.). Race officials, volunteers and marshals will also have two way radios for open communications.

**Weather**

The maximum average maximum temperature for Karratha in June is 26 degrees Celsius, with an average minimum temperature of 15 degrees. However in 2022, 2023 & 2024 during this event, temperatures reached 32’c, please be prepared for warm temperatures and ensure that you hydrate adequately. We will have ice for competitors to cool themselves down should temperatures rise above 30’c.

**Runner Safety**

Runners must observe the following Rules.

* Runners are advised to wear appropriate sun protection – a hat, shirt, sun cream.
* Although it is not mandatory to carry water, there will be no aid stations on the course other than at the corral area. Single use plastic cups will not be utilized during this event. Runners can utilise hydration vests / belts and water bottles, we will be issuing one 500ml soft flask with each registration for runners to utilise, please write your name on it.
* Should you be running in hours of darkness you MUST have an appropriate head torch and spare batteries, plus an Australian Standards compliant high visibility vest.
* If the weather conditions are such that extremes in heat may be experienced, it is recommended the following utilised by the runner:
  + sunglasses
  + ice neck ties
  + shaded tents at the staging area when not running
  + cold pack to bring the body temperature down.
* You must render all possible assistance to any person found injured or incapacitated.
* Runners requiring medication should provide sufficient medication for the race, and allow for eventualities such as fatigue etc.

**Mandatory Gear**

Runners must be prepared with the mandatory gear or risk being disqualified.

* Runners are to carry their mobile phone with them for the duration of the race. They are also required to have the race director phone number stored in their phone in case of an emergency.
* Runners who complete the night loops require the following items. Failure to have these items could result in instant disqualification
  + Head torch
  + High Vis vest
  + Extra batteries or power bank for charging headtorch

**Checkpoints**

The only checkpoint is at the start line.

**Stashes**

Runners may not store supplies or equipment of any description along the course except within 20m of the start line.

**Water**

Water will be provided at the aid station.

**Fueling**

Aid stations will have water, and limited food options (for example, bananas, watermelon, crisps, lollies). Runners must ensure that they are responsible for their own dietary requirements, hydration supplements and specific food requirements for the duration of the event.

**Littering**

Absolutely no littering is allowed anywhere along the course or start line. Breaches of this rule by runners or their support crew will result in disqualification of the runner, not only for this individual event, but for the entire Pilbara Trailblazers calendar. If runners take single use water bottles with them during the course, they must return with those water bottles.

There will be several general rubbish and recycling bins at the staging area.

**Toilets**

Runners who need to relieve themselves must utilise the toilets at the start line. 

**Switching**

As soon as each race starts, you will be recognized as a finisher regardless of the distance you travel as it is a timed event. There is no switching, if a participant fails to complete a lap they DNF.

**Dropping Out**

Runners can withdraw from the Red Dirt Backyard Ultra only at the start marquee. It is imperative that withdrawing runners notify the Race Director or appropriate marshal IN PERSON of their withdrawal so that no unnecessary concern is caused or searches are conducted.

**Sweepers**

For safety and for measurement purposes, it is intended to have Sweepers (tail runners) following the last Runners in the Race. These will either be on foot or on bicycle. They will be a reasonable distance behind the runner, and will not join the runner at all unless the runner DNF’s and requires support.

For any reason you make it back after 15 minutes of the next hour, the race director will attempt to make contact with you via phone to check to see if you require help. If contact isn’t made then a sweeper will come out to locate you and report back to Race HQ.

**Pacer Information**

NO PACERS ALLOWED for any part of the Red Dirt Backyard Ultra event.

**Support Crews**

Runners are responsible for the actions of their support crews and can be disqualified if their support crew breaches the race rules and regulations. Support crews are only to assist their runners at the corral area.

**Support Crew Information**

Runners are permitted to have a support crew.

The Rules governing Support Crews are as follows:

* Support Crew can only assist the runners at the designated aid station.
* **Aid Station Protocol:**
  + Crews must never act in such a way as to block runners access to the course or aid station. If this happens, the supported runner may be immediately disqualified.
  + Crews must adhere to instructions of all officials, including requests to vacate certain areas of the aid station.
  + Support crews must stay out of the resupply area unless their runner is present.
  + Food, drink, medical supplies, etc., at the aid station are provided for runners only.
  + No excessive noise or raucous behavior is permitted. Please be as quiet as possible at checkpoints.
  + Children are not allowed in the aid station area.
  + Take care of facilities at the checkpoint. Littering of any kind at any checkpoint (including the Start and Finish) or along the course is strictly prohibited.
* CREWS MUST COMPLY WITH ALL OF THE RULES AND REGULATIONS OF THE EVENT AND ALL INSTRUCTIONS FROM RACE OFFICIALS AT ALL POINTS ALONG THE COURSE AND ITS ACCESS ROUTES, INCLUDING PARKING REGULATIONS, OR RISK DISQUALIFICATION OF THEIR RUNNER.
* It is suggested that runners and their support crew bring along a marquee for shade, chairs to sit on, extra food and water for their runner, an esky with ice if it is forecast to be hot.

**Schedule of Events**

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| **Friday 4 July 2025** | |
| 4:30pm | Check-In for Runners at course staging area (behind Balmoral caravan park) |
| 6:30pm | Check-In for Runners closes |
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| **Saturday 5 July 2025** | |
| 06:00am | Final Check-In opens |
| 06:30am | Final Check-In closes |
| 06:40am | Pre-race briefing |
| 07:00am | Race start |
| **At the completion of the event** | |
|  | Race finishes |
|  | Pack Down |

**Contacts**

Prior to the event contact Event Director on 0409 554 224 or email [pilbaratrailblazers@gmail.com](mailto:pilbaratrailblazers@gmail.com) or [info@pilbaratrailblazers.au](mailto:info@pilbaratrailblazers.au)