



## Pleasant Ridge Backyard Ultra

# ESSENTIAL INFORMATION

March 2026

Pleasant Ridge County Park presents an endurance race that will be sure to test your limits, the Pleasant Ridge Backyard Ultra! A race that is not about who is the fastest but who can endure the longest and will test even the toughest of athletes mental grit.

What is a backyard ultra? It is simple, run as many 4.1 mile laps every hour on the hour until you are no longer able to continue.

Runners will run 4.1 miles every hour on the hour. If a runner is unable to complete a lap or returns after the hour is up they will be given a DNF. The last person running who is able complete a full lap will be declared the winner. There are no runner categories, every runner starts at the same time.

### Where:

The Pleasant Ridge Backyard Ultra will take place on the trails and roads at the Pleasant Ridge County Park.

### Schedule:

#### March 6 | Friday

4:00 pm - 5:30 pm: Early packet and bib pickup at Pleasant Ridge Camp and Retreat Center. Participants are invited to set-up their aid tents and race participants will be allowed to camp out if they wish. Bathrooms will be available. No cabin rentals will be provided.

#### March 7 | Saturday

6:45 am- Packet and bib pickup

7:30 am- Runner information meeting

8:00 am- The Pleasant Ridge Backyard Ultra will start at 8:00 am SHARP. (No late starts will be accepted)

#### March 8 | Sunday

Race continues

\*The event is open-ended and will continue until one participant remains.

### Required Waiver:

All participants registering over the phone will need to complete a waiver.

[Youth Waiver](#)

[Adult Waiver](#)

FOR MORE INFORMATION VISIT

[GREENVILLEREC.COM/EVENT/BACKYARD-ULTRA/](https://www.greenvillerec.com/event/backyard-ultra/)



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## Camping/Support Tent Set-Up:

Camping/Support tent spots will be first come first serve basis.

## Racer Aid/Safety:

Racers should come prepared with their own aid station set-up. Please come prepared for any variety of weather as this will go rain or shine. Headlamps will be required for night running with a spare set of batteries. There are no aid stations on the course and racers must be fully prepared to run the full 4.1 miles without any outside aid. A water station will be provided. Port-a-johns will be available.

## Race Format:

- Before the start of each loop, we will go through the following protocol as such indicating time until the start.
  - 3 minutes before the start
  - 1 minute before the start
  - 30 seconds will be announced before the start
  - 10 seconds will be counted down before the start
  - START (Bell or Horn)
- You have ONE HOUR to finish the loop once it has started. If you finish a loop within the hour, you have the opportunity to start the next hour provided you are in the start corral when the next hour starts. If you do not finish within the hour, you are OUT of the race and considered a DNF.
  - Once you are on the course, you are not allowed any aid from your crew. You are not allowed to return to camp once the loop has started unless you are unable to finish the loop. You must be ON and STAY on the course.
  - Once you are back to the start/finish corral and have finished within the hour, you may use the bathroom, eat, drink, sleep, ponder the next loop, etc., but you MUST be back in the start corral or you will be considered a DNF (NO EXCEPTIONS). This means you MAY NOT start late (even if you are in bathroom). You may also choose not to continue though you will be considered a DNF.
- When ending your race you will get your race mug off of the runner board and check-out with race staff.

## DNF Prize:

Most races you do not get anything for finishing as a DNF. This race however the DNF is a trophy in of itself. It means that you tried your hardest and tested your limits. Every runner will receive a DNF camp mug. If there is a winner of the race they will receive a finisher award.

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