

Participant's Guide for the
Bush Bitches Backyard Ultra

2024



BB

EST
2024

BACKYARD

Ultra

HOSTED
BY THE
BUSH
BITCHES

WELCOME

Welcome to the BB Backyard Ultra! This guide is designed to provide you with all the necessary information to make your experience enjoyable and successful. Please read through each section carefully.

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1. SITE INFORMATION

Kivi Park

kivipark.com

Address

4472 Long Lake Road,
Sudbury, Ontario



Kivi Park features a mix of single track and double track trails, surrounded by thick forests, serene lakes, and rocky outcrops. By October we should be in peak fall colours, making for an epic road trip to Sudbury and a stunning weekend of running.

1. SITE INFORMATION

Parking

Available on-site at the main entrance. If this lot is full, there is plenty of additional parking at lots #1 and #2. Turn right out of the main drive and then right again on McFarlane Lake Road. One last right turn on Raft Lake Road and the parking lots are on your left. It is about a 15 minute walk from these lots back to the main site,through the park. We will arrange a shuttle between remote lots and the main site if needed.



No Idle Zone: Kivi Park is a no idle zone, please do not leave your vehicle running while at the park.

1. SITE INFORMATION

Toilets

A number of outhouses are available throughout Kivi Park. We have also arranged to have additional portable toilets available. There is potable water available in the main chalet as well as from a water tap alongside the main building, but it is recommended that athletes bring their own source of hydration to avoid delays.



Communications

The entire course is within cell phone range. There is free Wifi available near the main chalet.

Network: KiviPark GUEST **Password:** kivipark

2. WEATHER

Weather

October in Sudbury can be unpredictable, expect anything from strong winds to hot sun to cold rain to even snow. Be prepared for every weather possibility, especially at night.



Average high: 11°C
Average low: 2°C



Sunrise: 7:29 AM
Sunset: 6:55 PM



3. ACCOMMODATIONS

Accommodations



There is no camping available at Kivi Park for Friday night. Tents can be set up during the race only.

Here are some recommended hotels near Kivi Park. These are all within a 10-minute drive of the park.

Travelway Inn Sudbury

(Use booking code “BB Backyard Ultra”)
1200 Paris Street, Sudbury

Travelodge Sudbury

1401 Paris Street, Sudbury

Homewood Suites by Hilton Sudbury

(Use booking code “KIV”)
2270 Regent Street, Sudbury

Holiday Inn Sudbury

1696 Regent Street, Sudbury

4. FOOD

On site

We will have a **taco truck** and a **chip truck** on site! Kivi Park's **Wishing Tree Cafe** will also be open from 10am–4pm all weekend, offering hot and cold beverages along with baked goods from a local featured bakery.

The **Long Lake General Store** is located 500m past Kivi Park, and offers most grocery items you might need. They also sell awesome hoodies. facebook.com/longlakegeneralstore



4. FOOD

Off site

Sudbury also offers a variety of dining options to suit all tastes. The following restaurants are within 10-minutes of Kivi Park:

Buzzy Brown's

Pub food

Daventry Kitchen

Pub food

Vegetarian options

DiGusto

Italian

Vegan options

Eddie's

Pub food

Fionn MacCool's

Pub food

Vegetarian options

Gluten friendly options

Gloria's

Breakfast food

Vegan options

J&M Indian Cuisine

Super yummy Indian food

Vegan options

Mary Brown's Chicken

Fried chicken

Osmow's Shawarma

Middle Eastern

Vegetarian options

Ripe Restaurant

Italian, awesome thin crust pizza

Vegetarian options

Rose Apple

Asian

Vegan options

Shoeless Joe's

Pub food

St Louis Bar and Grill

Pub food

4. FOOD

Coffee

McDonald’s

Drive thru

Salute Coffee Company

Drive thru

Local + high quality

Starbucks

Order ahead

NO drive thru

Tim Horton’s

Drive thru

We’re set up for food deliveries:

There are a number of delivery options available if you want to have food delivered.

When ordering, leave instructions to deliver to the delivery spot in the parking lot. We will reserve a parking spot specifically to facilitate deliveries.

Skip The Dishes

Indie Eats

(Think Skip The Dishes for local restaurants)

indieats.ca

Topper’s Pizza

866-454-6644

Great Lakes Pizza

(705) 522-2828

Don’s Pizza

(705) 674-7864

Roma Pizza

(705) 222-7662

Pizza Joint

(705) 522-2857

5. CREW SUPPORT / RUNNER REST AREA

Base Camp

We are establishing a central camp around the start finish line. This is an area for crew to support their athlete and get some rest. Note that while camping is not permitted in the park, a tent can be used for athletes and crew to nap and rest.

Please do not bring a whole ass camping setup.



Crew Support / Runner Rest Area

Designated area near the start/finish line (AKA Base Camp).

5. CREW SUPPORT / RUNNER REST AREA

Toilets

Toilets are available on site.

Size of tent

Limit tent dimensions to 10' x 10'

Tent Location

Tent locations will be assigned by lottery at registration. Tent zones will be assigned based on the estimated number of laps athletes intend to run, with higher lap numbers being closer to the corral.

Tent Safety

Tent locations will be clearly marked and strictly monitored. Please place your tents in approved locations. The location of tents is designed to ensure safety and fairness. The Camp Director will have final say on tent locations.

Cooking

No open flames within the camp. There will be a designated area for heating food. We will have some heating elements and microwaves available. Bring your own pots, pans and utensils.

Crew Station

In addition to crew tents, we will have large covered areas right next to the corral for crewing (see above, Base Camp).

Pets

No pets on course. Animals must be on leash at all time in camp. Clean up after your pets.

5. CREW SUPPORT / RUNNER REST AREA

Charging Station

We will have an area available for crew and athletes to charge devices. **NOTE:** Bring your own charging cables.

Lighting

Common areas like crew tent, starter tent will be lit.

Fire pits

Open flame fires are not allowed in the camp. There will be some predetermined fire pits available to keep warm.

Bicycles

Consider bringing a bicycle. There will be a cheering area mid way through the course and it’s a short bike ride to the spot.



6. EVENT DETAILS



Registration

Friday October 4 5PM–8PM
Saturday October 5 7AM–8AM

Location

Kivi Park
Base Camp

Start Time

9AM, October 5, 2024

Loop Distance

6.706 kilometers

6. EVENT DETAILS

Hourly Starts

A new loop starts every hour, on the hour. 3 warning sounds at 3 minutes before each lap, 2 warning sounds at 2 minutes before each lap, 1 warning sound with one minute before the lap start. **All runners must be in the corral at least 1 minute before the lap begins.** Each lap starts with the sound of a horn. We will be ruthless!

Completion Time

Runners have one hour to complete each loop. Any time remaining after completing a loop can be used to rest and prepare for the next start.

Elimination

Runners who fail to complete a loop within the hour are eliminated from the race. Runners who are not in the corral when the lap starts are eliminated.

Final Runner

The last runner must complete one additional loop after the second-to-last runner stops to be declared the winner.

No Pacers

Pacers are not allowed.

Crew Restrictions

Crew members can only assist within the designated aid station area and are not allowed on the course. Crew support is not allowed within the corral, and is only permitted after a lap is completed.

6. EVENT DETAILS

Aid Stations

The BB Backyard will NOT provide an aid station. All athletes are expected to manage their own nutrition and hydration.

First Aid

There will be First Aid on site. Note that the service provided is emergency first aid. Not medical aid. First Aid providers will support runners in any way possible, but they are not doctors.

7. RUNNER INFORMATION

Check In

Runners must check in with race officials at the completion of each loop.

Test Runs

The course is posted on our [website](#). We encourage everyone to run it in advance to become familiar with it. We will arrange a trial run on Friday October 4 (time TBD). Runners and crew are welcome.

On Course Emergencies

If you require help while on course, call Race Director Andre at (705) 923-5855 and/or your support crew. Have your support crew notify the nearest race official. We will get you the help you need. Provide an approximate location of where you are (eg. km 2).

Gear

Dress in layers and prepare for varying weather conditions. Trail-appropriate footwear is recommended.

Nutrition

Bring your own nutritional supplements and hydration systems.

Light Source

Headlamps or another form of light source are required for any lap starting after 6PM and before 7AM.

Poles

Hiking/running poles are not allowed.

7. RUNNER INFORMATION

Headphones

Headphones are permitted, but runners are encouraged to maintain a volume that allows them to hear their surroundings.

Bluetooth Speakers

Playing music or podcasts aloud on speakers is not permitted on course.

Running in Groups

If runners are running in a group, they must ensure that they are not blocking the path and allow faster runners to pass.

Passing Etiquette

Runners are encouraged to pass on the left and should notify others that they are about to pass. Slower runners **MUST** allow others to pass.

Positive Attitude

Be supportive of your fellow runners, you are all in this together. AKA don't be an asshole.

Wildlife

Kivi Park sits on wild land. Animals like deer, bears and a bunch of other small mammals call the park home. Please be aware while on course.

8. CREW INFORMATION

Assistance Location

Crew members may only assist runners in camp and only after a lap is completed. No support is allowed on course or in the start corral.

No Pacers

Crew members are not allowed to pace runners.

Prohibited on Course

Crew members are strictly prohibited from entering the race course.

Be Alert

Be aware of race rules and schedules to provide timely and effective support to your runner.

Bikes

Bikes are welcome and encouraged. There is a route that will allow crew to meet their runner mid way (cheering only, no crew support). Kivi Park has a great trail network if you want to take a rip mid-day. Cycling on the race course will not be allowed.

Toilets

A number of outhouses are available throughout Kivi Park, we have also arranged to have additional portable toilets available.

Tracking

[Track your runner's laps here](#)

We already know you got this.
Here are a few tips anyway.

Pacing

Maintain a steady pace and use rest periods effectively.

Mental Preparation

Stay positive and focused. The mental aspect is crucial. PMA ALL THE WAY BB 🙌 😊

Gear

Dress in layers and be ready for weather changes.

Nutrition

Plan your nutrition strategy and stick to it. But also, be prepared to revise your plan on the fly. Have options with different flavours and textures.

Community

Encourage fellow runners and embrace the camaraderie. Remember the African proverb — “If you want to go fast, go alone. If you want to go far, go together.” Or, as Bush Zych says, “stoke is high when friends are nigh.”

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CAN YOU GO ONE MORE LAP?

OCTOBER 5-6, 2024
KIVI PARK
SUDBURY ON

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