

PARTICIPANT GUIDE

Updated Dec 8, 2023





THE RULES (Strictly Enforced)

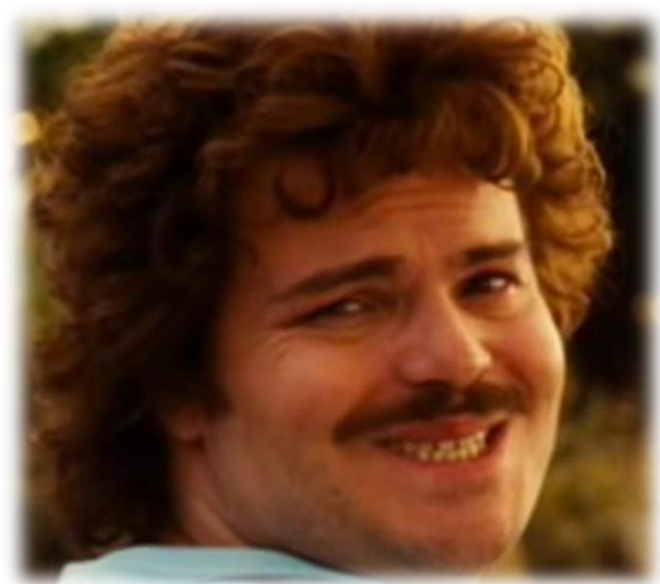
- The Race starts at the top of the hour. All participants must be in the corral before the start and begin their lap at the top of the hour.
- Each lap starts precisely 1 hour after the last. Warning will be given at 3, 2, and 1 minute before the start. Except for restrooms, competitors may not leave the course until each loop is completed.
- The course is 4.167 miles with about 50 feet of gain per lap. No non-competitors are allowed on the course, including eliminated runners.
- No personal aid from crew or anyone else during a loop is allowed. No artificial running aids (including trekking poles and shoe spikes) are allowed. Participants may carry hydration bottles/food/packs/gloves/hats/coats, etc. Slower runners must allow passes.
- No crew are allowed on course (this includes dogs) everyone must compete on their own while on course.
- The loops will not be officially timed. Results will be based solely on finishing loops.
- The winner is the last person to complete a loop. All others are a DNF. Results of each runner in terms of distance travelled will be given. If no runner can complete one more loop than anyone else, there is no winner.
- The race will be open ended and continue until one runner remains.
- No alcohol or smoking is allowed on the premises.





THE COURSE

A mix of asphalt, dirt, gravel, grass, horse track, sand, single track...and likely a bunch of snow. The 4.167 mile route has about 50 feet of gain. Depending on snow/ice it could be quite a challenge. It will be very well marked, so while the route is certainly erratic enough to make you dizzy, you won't get lost.



Let's Get Down to the Nitty Gritty

- The race will start at 10:00AM. If you are not in the start corral at 10:00AM on Friday December 15th, you will be disqualified and not allowed to race.
- There will be a basic aid station at the entrance to the corral. The basic aid station will mainly just have water. The basic aid station is available to all participants. (if you want more, upgrade to the Deluxe Aid Station or you can also bring your own supplies).
- There are indoor heated bathrooms by about 40 yards from the start/finish area. These are available to all participants. Note-if you go into the bathroom before completing your lap, you must still finish your lap prior to entering the indoor transition area.
- There will also be porta potties right near the Start Corral.
- There should also be heated bathroom access at mile 2.
- Remember, no crew (including furry pacer friends) on the course and you cannot get any outside help while on the course!!! Having crew/pacer with you on course and/or getting any outside help during your laps will result in Disqualification.
- Runners can help other runners. You can also get as much crew/help as you want once you finish a loop and before the next one starts.

AWARDS

The Winner will receive the official Dizzy Horse “Bobble Horse” Trophy!!!



All participants who DNF (basically everyone except the 1 potential winner) will get a custom Dizzy Horse DNF Wooden Plaque. Other awards can be attached to the plaque!



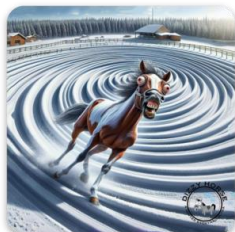
Awards will be given for reaching 25 miles, 50 miles, 75 miles, and 100 miles.



Any participant that “dies on the course” will receive an award. This entails starting a lap, but being unable to finish it in time. If you are DQed for leaving the course, don’t start a lap and choose to quit, or don’t finish your lap, you will not receive this pin.



You can also get pins and/or stickers by staying to cheer on runners and help us have a festival atmosphere.





Dizzy Horse is a Bronze Ticket Qualifier in the Big's Backyard Ultra series of races. What this means is that the winner of Dizzy Horse automatically qualifies for entry into a Silver Ticket Race (specifically the "Banana Slug Backyard Ultra" near Portland, Oregon). NOTE: The Banana Slug is sold out, so your only way to get in is by winning a Bronze Ticket race or trying your luck on the waiting list. Banana Slug is held in April.

The winner of Banana Slug is guaranteed entry into Big's Backyard Ultra in Tennessee, which will happen in October. Big's is the World Championship and you would be on Team USA with the likes of Harvey Lewis, battling the world for Backyard Supremacy!!!

For details on the Banana Slug Backyard Ultra you can go to <https://slug.run>.



Upgrades

- You can purchase upgrades at our Registration Page:
<https://runsignup.com/Race/ID/IdahoFalls/DizzyHorse>
- Some upgrades (like shirts, hoodies) must be purchased no later than December 1, 2022. Others are available until sold out.
- T-Shirt (\$18)
- Hoodie (\$35)
- Scarf (\$20)
- Deluxe Aid Station (\$40 per person. See later page for Deluxe Aid Station menu)
- Reserved Indoor Space (\$40)



AC UNITS

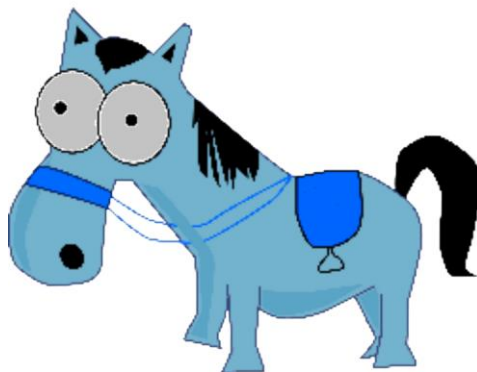
“They just make it cooler!” Some guy



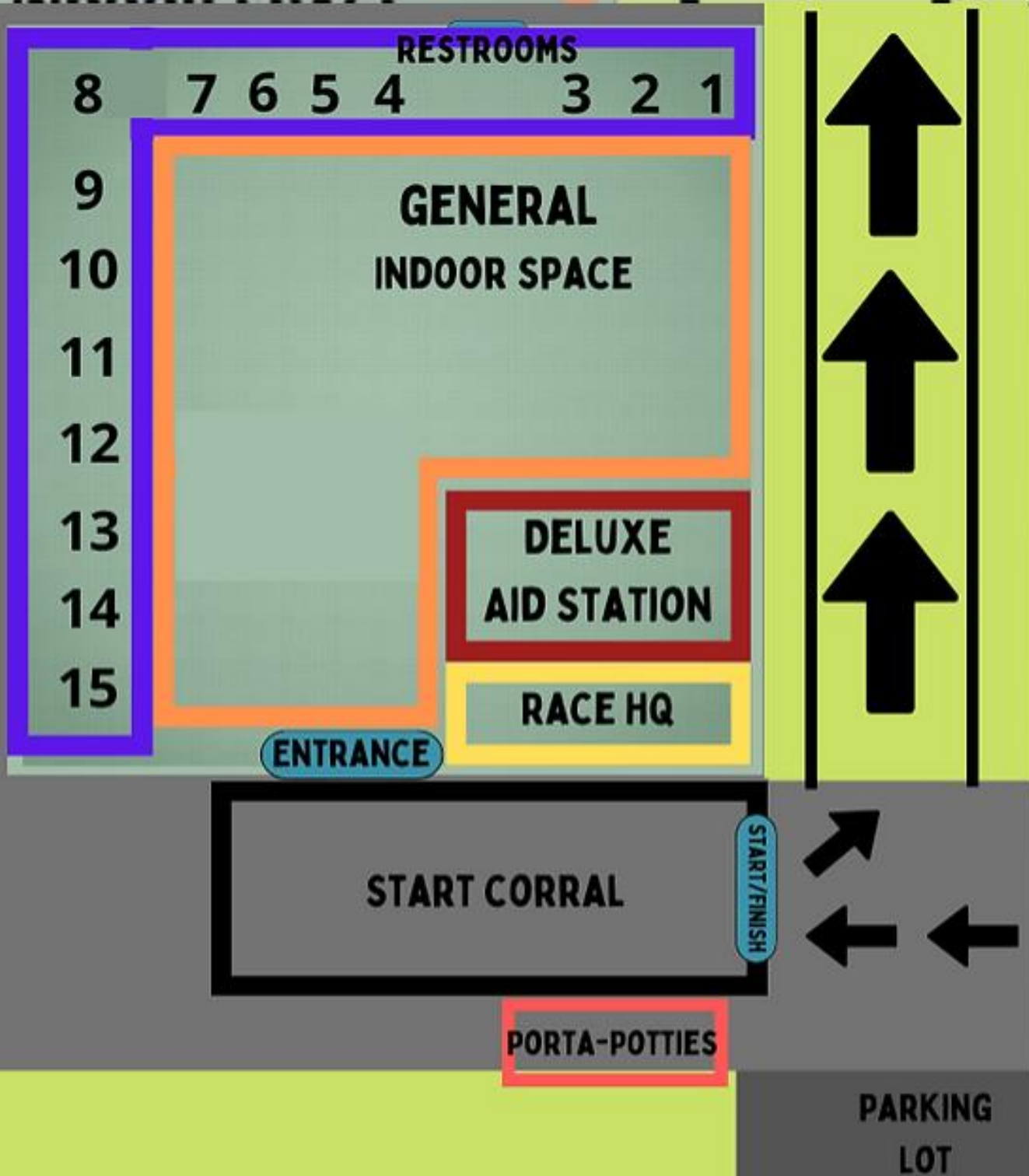
New for 2023, we have “AC Units”. We have scarfs for our volunteers and a few die hard fans from 2022. Alternatively, you can buy one for \$20 (until they run out).

For every 3 hours you stay and cheer/volunteer/crew AC Units will earn a dizzy/snowflake pin to add to their scarf.

Basically, if you are an AC Unit, you aren’t just a fan, you are there to make the event cooler. You can bring cowbells, fancy costumes, or whatever you want. Your job is to motivate, inspire, and make the event more fun for the runners. If this sounds like you, get yourself a scarf by purchasing one in the store or signing up as a volunteer.



Transition Area Diagram





DELUXE AID MENU



FOODS (24/7)

Candy	Breads (tortillas/naan)
Multiple Fruits	Chips and Cookies
Pickles	Un crustables
Potatoes	Pot Stickers
Salted Caramels	Danish Bread
Dark Chocolate Caramels	Lots More...
Chocolate Almonds	

DRINKS (24/7)

Water (Hot/Cold)	Lemonade(s)
Tailwind	Broth
Coke	Vegan Broth
Ginger Ale	Coffee

SPECIALTY FOODS

10am-1pm

Street Tacos, Egg Rolls

2pm-5pm

Meat balls (3 varieties) Spanakopitas, Apple Pie Rolls with caramel sauce

6pm-9pm

Ham Sliders, Pirogies

10pm-5am

Potato Soup,, Quesadillas, Sirloin Tip Steak Bites

6am-9am

Breakfast Biscuits, Pancakes, Bacon

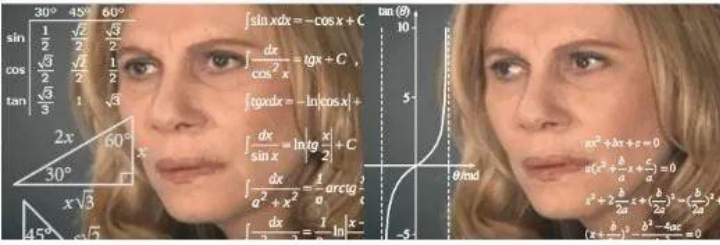




COURSE MAP

Sandy Downs is a unique park in that it has 2 horse tracks, a large sand dune, a picnic table graveyard, some grass and trees, random buildings, a BMX track, a sketchy rope swing and slide and more. This Map is what the course looks like about 20 hours in while running in the dark and hallucinating a bit. Or look at the CALTOPO map: <https://caltopo.com/m/1FDUD>

HOW MY FRIENDS PLAY STRATEGY GAMES



HOW I PLAY STRATEGY GAMES



Strategies
(if you are into that kind of thing)

There are many strategies that can be used in a Backyard Ultra. In many cases it depends on your fitness, the type of runner you are, your own strengths and weaknesses, your own preferences, and how much "diva" time you need at the transition area to primp or try to get beauty sleep. Here are a few examples:

54 or more: This strategy involves running at a 10:00-11:00 minute per mile pace for $\frac{3}{4}$ of a mile, then walking for about $\frac{1}{4}$ of a mile. You repeat this each mile. The aim is to finish mile 1 at 13 minutes, mile 2 at 26 minutes, mile 3 at 39 minutes, mile 4 at 52 minutes and reach the finish at about 54 minutes. This leaves you 6 minutes to transition.

Steady Eddy: You find a comfortable (for you) pace and just try to run the whole thing. This tends to leave you a solid amount of time to rest where you can change clothes, sneak in a quick nap, or check the latest memes on social media. With a 10 minute per mile pace, you will finish at 42 minutes and get an 18 minute break each transition.

Dr. Jekyll & Mr. Hyde: This strategy involves having some very, very slow laps, walking $\frac{1}{2}$ and easy running $\frac{1}{2}$, with the goal to barely finishing in time with less than two minutes in transition, followed by a fast lap where you push the pace, but end up with 30+ minutes to transition giving you time to really think about your life choices before heading back out.

The Cultist: Basically, your strategy is to just follow someone else and mindlessly do whatever they do...This is probably the most common strategy.



Gear



There is no required gear for the course. We are in a City Park and because of the layout of the course, you are never more than 10 minutes from HQ (and a very short drive to the nearest hospital). That said, your race will go much better and your chances of lasting a long time will increase dramatically if you have the right gear. Plus, Idaho tends to be very cold in the winter and weather can change in a hurry, so it is on you to be prepared!!!

You only have to go 4.167 miles between stops at your “Drop Bag” so you can bring stuff (extra coat, extra gloves, extra socks, your favorite stuffed animal) that you don’t necessarily ever want to carry with you, but that you might need in an emergency. If there’s a chance you’ll last more than 8 hours you’ll also want a headlamp/waistlight and a plan for the temperatures to drop significantly.

Usually the best course of action is to find a balance of being somewhat comfortable, while not carrying unnecessary weight and having some replacement options back at the transition area that you can add or change into.

Typical Gear to wear:

- Mittens (I like these better than gloves in the winter because they can be easily removed and put back on. They are also usually warmer).
- Thermal underwear.
- Upper body layers. Undershirt, shirt, jacket, windbreaker, hoodie/sweater.
- Wool socks
- Trail shoes with some lugs.
- Hat or balaclava to cover your head
- Water Bottle
- Pockets or pack to carry some food/spare clothes

LIVE TRACKING



You can use our LIVE TRACKING feature to share with friends and family so they can keep updated on your level of pain and how much compassion you might need after it's over. (Of course, they will probably just say you chose to do this so it's your own fault for any pain you feel).

When checking in we will ask you to provide us with your PR (the furthest you've ever run before). We'll have a special bell you can ring when you make it farther than you've ever made it before.

https://docs.google.com/spreadsheets/d/17WOLhykwcJH7sJc7ev_e146wvcKQEhOfAeXDGZFxyu8/edit?usp=sharing

Sponsors



- We must thank our sponsors! This event simply would not be possible without their support!

