



**2023 WausaUltra Races:  
Backyard WausaUltra  
Double Down (1 loop, 2 loop options)  
Kids' Hill Loop  
Athlete Guide  
April 28, 2023- April 30, 2023**

Year 3 and we are so excited to see what each of you brings to Sylvan Park whether this is your first time joining us or your third. We'll be there to keep the party going as long as you all are, so it is really up to you...how far will you go? How hard can you push your pace? How much will you regret pushing your pace? Which hill will you curse at everytime you see it?

We'll see you on the course- should be fun to find out those answers ;)

One thing we know for sure? We start each 4.167 mile loop every hour, on the hour. Be there, be square...or you'll be left behind.

- Jake, Jenn, Scott, Rob, Chad, & Ellen  
WausaUltra RDs  
<https://www.wausaultra.com/>

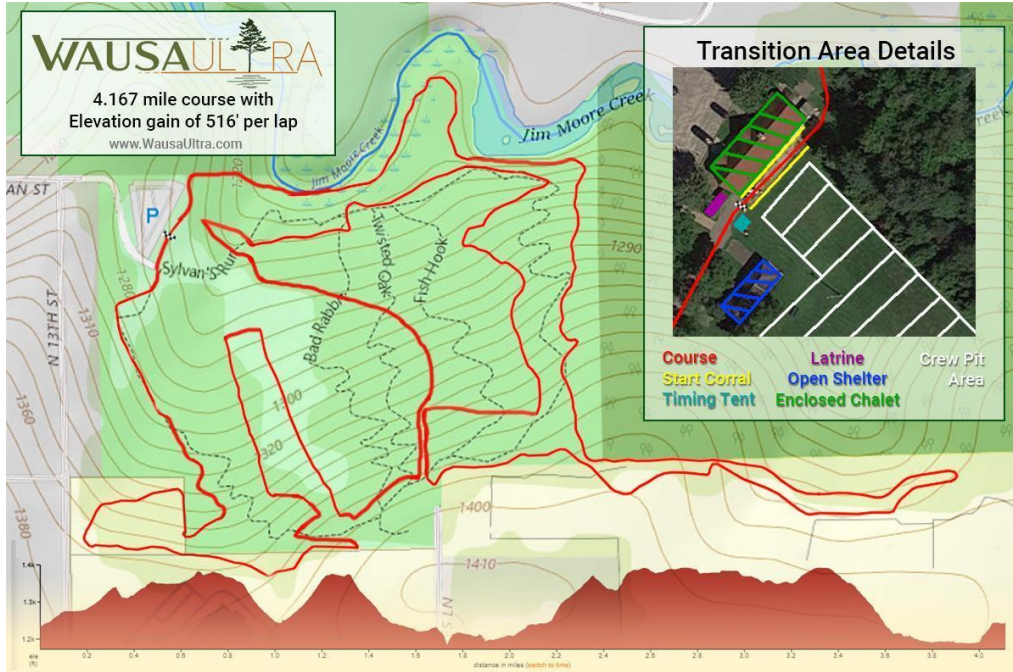
## Schedule

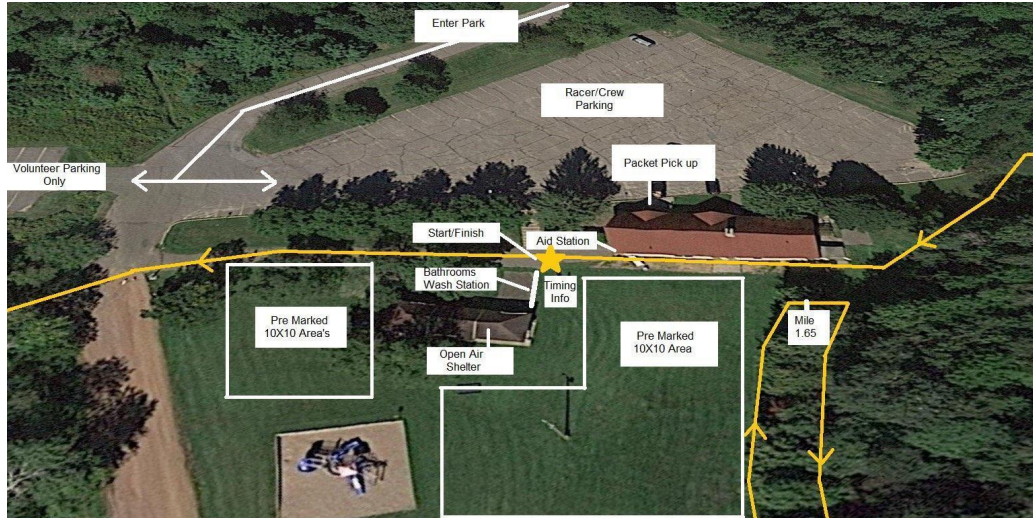
### Race Your Damn Legs Off

- **Monday, April 24, 2023**
  - Wausaultra will release online pre race meeting video on facebook/instagram and will email to race participants
- **Wednesday, April 26, 2023**
  - **6:30 pm** - live Q&A session through facebook live. After live session, will post to instagram and email out to race participants
- **Friday, April 28, 2023**
  - **6:00 am** - Sylvan Park opens. No setting up prior to 6 am
  - **6:00-9:30 am** - Packet pick up/parking/crew area set up
    - Packet pick up: Sylvan chalet upper level
  - **9:45 am** - Backyard racers gather in corral
  - **9:57 am** - 3 minute warning to race start, pledge of allegiance
  - **9:58 am** - 2 minute warning to start
  - **9:59 am** - 1 minute warning to start
  - **10:00 am** - go time
  - **4:00 pm** - 25 miles in!
  - **10:00 pm** - park closes to public not affiliated to race, QUIET hours
- **Saturday, April 29, 2023**
  - **6:00 am** - park opens to general public
  - **6:00-9:00 am** - packet pick up for Double Down races, Kids Hill loop race
  - **9:30 am** - Double Down Races (1 or 2 loop option) start
  - **10:00 am** - lap 25 for Backyard Racers- 100 miles down!
  - **12:05 pm** - Sylvan Summit (Kids' race) starts
  - **12:25 pm** - Sylvan Summit cut off
  - **12:30 pm** - Double Down cut off (for 1 and 2 loop options)
  - **1:05 pm** - Double Down race Awards
- **Sunday, April 30, 2023 and beyond**
  - Anyone still out there?

# RACE WEEKEND LOCATION/PARKING/SET UP

- ❑ Sylvan Hill Park  
1329 Sylvan Street, Wausau, WI 54403





## RACE OPTIONS/SPECIFIC RACE INFO

### ❑ Backyard WausaUltra

- ❑ What: 4.167 mile course that loops throughout Sylvan Park, leaving on the hour EVERY HOUR (don't be late!) until 1 person remains
- ❑ Who: Solo racer
- ❑ When: 4/28/2023 @ 10 am. ends for you when you tell us you can't go on, official end when last wo(man) completes their final lap
- ❑ Self or team support set up:
  - ❑ 10 ft x 10 ft area which will be roped or marked off. Please keep your support station set up within this area to make sure we have room for all participants
  - ❑ If you are using a tent, please make sure to bring tent stakes to keep tent in place against wind/rain/weather conditions (or super fast runners going by each loop...)
  - ❑ The chalet will have a limited number of electric outlets for participants to use during the race but we recommend you bring self sufficient chargers or replacements to charge watches/phones/etc. Available outlets in chalet are not guaranteed and there will be no access to electric source in the field for use
  - ❑ NOT ALLOWED: open fires, generators
  - ❑ ALLOWED: cooktop with small propane tanks, EZ up tents, battery powered lights

### ❑ RACE RULES

- ❑ Do not set up your support area prior to 6 am on April 28, 2023.
- ❑ You (as a race participant) must be in the starting corral at the bell. Each loop will start precisely 1 hour after the last (this is specific to Backyard Ultra). You MUST start at the bell as late starts will not be

permitted. Each loop MUST be completed within an hour in order to be counted.

- ❑ No Trekking poles are allowed.
- ❑ You may not leave the course until each loop is completed - with the exception of going to the bathroom.
- ❑ Do the whole loop, don't cut, don't cheat. We trust you to complete this event to your full potential. If you are dropping, come back to home base and let the race directors at the start/finish know.
- ❑ Follow traffic rules, yield to emergency vehicles.
- ❑ You are responsible for your crew. If we find they are disruptive, not following race rules, disrespecting the grounds, neighbors, racers, etc- this is grounds for disqualification and removal from race.
  - ❑ No crew or non-competitors are permitted on the course beside their runner but the course is technically open to the public. Please be conscious not to interrupt the race.
- ❑ No littering. Period. There will be receptacles around the grounds, be sure to use them.
- ❑ No smoking or use of any drugs at aid station, crew areas, or along/on the course.
- ❑ No aid can be given to you or dispersed along the course. Access new aid (food/drink) after you finish your loop but before leaving for your next loop. You can carry aid with you on the loop but cannot have your support team give you anything once you've started the loop and you cannot "drop aid off" during the loop to be accessed.
- ❑ Bib must be visible on the front of your body. If you change clothes, make sure to change your bib to be on outside. This is vital to your loops and times being counted!
- ❑ Severe weather: Race will continue unless Severe Weather warning locally or determined by race directors to be dangerous to race participants. In event this occurs, RDs will stop racers, seek safety indoors and will resume race at the top of the hour following being resumed safe to do so
- ❑ **DROPPING OUT**
  - ❑ We keep it pretty simple: keep going, until you don't. Let us know when you've dropped from the race by coming to the start/finish area and letting the RDs know.

#### ❑ Double Down

- ❑ What: 1 or 2 loop(s) of 4.167 miles gorgeous (mostly trail!) course that winds throughout Sylvan Park.

- ❑ Who: Solo racer
- ❑ When: April 29, 2023 @ 9:30 am, 3 hr cutoff (12:30 pm) for both 1 or 2 loop options
- ❑ How it works: Show up on start line for 9:30 am start. You do 1 or 2 loops of course (depending on what you signed up for)
  - ❑ times will be cumulative from start until finish of your registered distance. If doing 2 loops, separate loop times will not be calculated or provided
  - ❑ AKA you can take a nap or eat a buffet between loops if you want...but it all goes toward your total time!
- ❑ Awards: 1st, 2nd, 3rd in male and female categories

❑ RACE RULES

- ❑ You (as a race participant) must be in the starting corral at the bell. You/your teammate MUST start at the bell as late starts will not be permitted.
- ❑ No Trekking poles are allowed.
- ❑ You may not leave the course until each loop is completed - with the exception of going to the bathroom.
- ❑ Do the whole loop, don't cut, don't cheat. We trust you to complete this event to your full potential. If you are dropping, come back to home base and let the race directors at the start/finish know.
- ❑ Follow traffic rules, yield to emergency vehicles.
- ❑ You are responsible for your crew. If we find they are disruptive, not following race rules, disrespecting the grounds, neighbors, racers, etc- this is grounds for disqualification and removal from race.
  - ❑ No crew or non-competitors are permitted on the course.
- ❑ No littering. Period. There will be receptacles around the grounds, be sure to use them.
- ❑ Bib must be visible on the front of your body. If you change clothes, make sure to change your bib to be on outside. This is vital to your loops and times being counted!
- ❑ Severe weather: Race will continue unless Severe Weather warning locally or determined by race directors to be dangerous to race participants. In event this occurs, RDs will stop racers, seek safety indoors and will resume race at the top of the hour following being resumed safe to do so

❑ Sylvan Summit/ Kids' Race

- ❑ What: details to come but the course will be about ¼ mile in length. Participants will have 20 minutes to complete as many loops as they can

- Who: children 1-12 on race day (4/29/2023)
- When: 4/29/2023. Race start 12:05 pm
- Price: FREE for kids! (\$5-10 donation welcome)

## GENERAL INFO FOR ALL PARTICIPANTS

### Course Markings

- will be extremely well marked with both flags and signs at turns.
- You are responsible for staying on course, we recommend you download our course map from our website <https://www.wausaultra.com/>



### Provided for you by Wausaultra

- 2 indoor bathrooms inside Chalet
- 4 port a potties in the home base field (where you have your stuff set up)
- hand washing station
- 4 personal changing tents
- pizza oven and microwave available inside chalet
- aid station located inside Chalet (immediately accessible from start/finish line)
  - Hydration
    - water
    - gnarly (<https://gognarly.com/>)
    - coffee
    - hot chocolate
    - soda (pepsi, ginger ale, etc)
  - Food
    - pizza (GF options)
    - quesadillas (GF options)
    - pancakes
    - bacon (GF)
    - ramen
    - warm veggie and chicken broth (GF)

- chips
- pretzels
- cookies
- candy
- trail mix
- pickles (with accompanying pickle juice for you weirdos that are into that ;) )
- pb & J
- salted potatoes
- fruit (watermelon, bananas, oranges)
- First aid/comfort items
  - basic first aid: band aids, ace wraps, KT tape, antiseptic, antibacterial gel, instant cold packs, emergency blanket(s), bandaids, gauze
  - Anti-chafing product- Squirrel's Nut butter (<https://squirrelsnutbutter.com/>)
  - tampons, pads
  - Hair ties
- RECOMMENDED GEAR (these are suggestions, only thing we absolutely require is some kind of clothing, and your bib)
  - clothing: We recommend you bring a variety of layers to wear as spring Wisconsin weather can be quite unpredictable and you may experience snow, heat, ice, rain and everything in between. If you are running the BackYard Ultra race, bring tons of extras- who knows how long you'll be out there!
    - warm weather running clothing (ie: shorts, tanks/t-shirts, socks) (and back ups)
    - cool weather running clothing (ie: leggings/running pants, long sleeves/vests/jackets, buffs/hats, gloves, warm socks) (and back ups)
    - hat/visor
    - warmer jacket for running
    - warmer jacket for when you're resting (you're going to cool down fast)
    - blankets
    - gloves/mittens
    - running shoes (and back-ups- fresh kicks are going to feel like magic after 10 of these loops ;))
    - running vest/waist belt/backpack if you'd like (you will be back at your home base every 4.167 miles to access hydration/nutrition)



- headlamp, backup headlamp (and extra batteries) (this is specific to Backyard Ultra runners as hopefully you will be running through the night!)
- sunglasses
- Nutrition/Hydration:
  - water bottles/hydration packs
  - specific hydration/food/nutrition for yourself if needed in addition to above: recommend a variety if you are doing the BackYard Ultra (you never know what will sound appealing)
- Extras/ medical
  - sun screen
  - anti-chafing cream
  - lip balm
  - insect repellent
  - blister pads, moleskin, bandages
  - analgesics: Ibuprofen, tylenol, etc
  - tiger balm, icy hot, KT tape, ankle braces/wrap
- Tech (optional)
  - light source: if you are doing the backyard Ultra, you WILL be running through the night (hopefully anyway) and recommend bringing whatever works best for you- flashlight, knuckle lights, head lamp, etc. And bring lots of back up options and batteries!
  - your handy dandy watch if you like running with one
  - camera (again, if you prefer)
  - cell phone (again, if you prefer)
  - music source/ headphones: okay to use but we would really suggest and prefer if you only have 1 headphone in on trail so you are aware of others on the trail.
- Your home base (specific to Backyard Ultra race):
  - tent, tent stakes to keep tent in place
  - chair
  - sleeping cot
  - blankets
  - things to make your crew happy (generally alcohol and food)

## **TIMING/ RESULTS**

- Large timing clock will be visible at start/finish line so you know when we start and when you need to be "home" by
- Start/finish line will be staffed at all times who will record your time as you come in and keep track of the number of loops you complete

- ❑ WausaUltra Backyard App (specific to Backyard Racers only, Double down race results will be manually timed and results posted to Wausaultra later that day):
  - ❑ Available via app on google play. can also be accessed through our website- <https://wausaultra.com>
  - ❑ can be accessed by crew and spectators who can't make it to race day to see how you are doing!
- ❑ What do we need from you to guarantee an accurate record of your loop number and times?
  - ❑ You MUST cross the finish line before going to the aid station/your crew area
  - ❑ You MUST tell us if you are dropping (whether you didn't complete a lap or whether you are not starting the next loop).

### **CREW/SPECTATOR INFO**

- ❑ Crew Recommendations
  - ❑ You'll be (wo)manning the home base for your racer (see map) which is right by the start/finish corral and aid station. We recommend you make your 10'x10' area efficient for your runner so they can quickly hydrate, grab nutrition, rest, stretch and do what they need to do in order to go back out and crush another loop.
  - ❑ Know the goals and dreams of the racer you are supporting. Is their main goal to have a good time? Is it to push themselves past a certain distance? Is it to meet a time goal for each loop? Knowing what their goals are will help you support them and make for a successful day for everyone.
  - ❑ Know what your racer needs. If they know they can stomach saltines when their stomach feels like sh\$%, have them ready. The longer your runner is going, the goofier and more absent minded they'll get. They'll need your brains to remind them they need to eat and drink.
  - ❑ Have a safe word. It is so amazing to have a crew to push and motivate a racer...but there also has to be an understanding of when a racer is done and can communicate that to you.
  - ❑ Make sure you eat and drink. You could be in for a long night (or a couple nights) and need to make sure you are taking care of yourself too in order to support someone else. Remember that whole- "Put your own oxygen mask on first" narrative? Good, do it.
  - ❑ Find us if you have any concerns for your runner's safety and well being. This race is fun and challenging, but not worth putting anyone's health at risk.
- ❑ Crew Rules

- ❑ Crew and non race participants are not permitted to provide aid to participants except between loops after they finish/before they start the next loop. NO PACERS are permitted.
- ❑ 15 minutes prior to top of the hour (:45 to top of hour every hour), we ask that crew and spectators stay out of chalet and port a potties to allow race participants access prior to starting their next loop
- ❑ Respect the land we are on- no littering or destroying property.
- ❑ Crew (in addition to spectators and racers) must obey traffic rules and regulations.
- ❑ Follow the above rules or your racer will risk disqualification and you will be asked to leave the race premises.

## **WHERE TO STAY IN WAUSAU/ WHERE TO GET SUPPLIES**

- ❑ Lodging
  - ❑ [Airbnb](#)
  - ❑ [Jefferson Street Inn](#)
  - ❑ [Hilton Garden Inn](#)
  - ❑ [Marathon County Park: camping](#)
  - ❑ [Dells of the Eau Claire Parking: camping](#)
- ❑ Grocery
  - ❑ [Downtown Grocery](#)
  - ❑ [Lamb's Fresh Market](#)
  - ❑ [Festival Foods](#)
  - ❑ [Pick'n Save](#)
  - ❑ [Aldi](#)

## **CONTACT INFO**

- Wausaultra RD
  - [wausaultra@gmail.com](mailto:wausaultra@gmail.com)
  - Phone: 715-571-5556
  - facebook: <https://www.facebook.com/WausaUltra>
  - instagram: <https://www.instagram.com/wausaultra/>