



EVENT GUIDE



Run in Bermuda's Backyard on trail, sand and road at a pace that allows you to take in the beauty of our amazing island while challenging yourself to achieve a new personal best.

PRESENTED WITH THE GENEROUS SUPPORT OF:

TITLE SPONSOR



EVENT PARTNERS:



CONTRIBUTING SPONSORS:



SUPPORTERS:



IMPORTANT INFORMATION

[IF YOU ARE ONLY GOING TO READ ONE PAGE OF THIS GUIDE – THIS IS IT!]

Race Day Schedule

07:00 – 08:30	Runner & Support Crew set up
07:30 – 08:30	Race check-in, number & wristband pick-up
08:20	Race marshals' briefing
08:45	Runners in starting corral for race briefing & presentation of title sponsor Monument Re, and adopted charity, Raleigh Bermuda
09:00	Start of 1 st Yard
18:00	Start of 1 st Night Loop (different course to the Day Loop)
Until ???	Only one competitor completes a loop or no one starts a loop

The race will continue each hour, on the hour, until only one person completes a loop, or no one starts a loop. A whistle will be blown to signal 3 minutes, 2 minutes, and 1 minute before the start of each loop. **Be in the starting corral and cross the start line when the triangle rings or you are DNF. Unfortunately, the rules do not allow for any exceptions.**

Should you not complete a loop in the allocated hour or decide to voluntarily withdraw, go to the registration desk to return your wristband, and receive your **DNF** recognition and refreshments.

Runners who are no longer in the event are not permitted to run any part of further loops or run with continuing runners (or they will cause those continuing runners to **DNF** also). You are free to leave once you have **DNF'd**.

For safety reasons, so we can account for all runners please DO NOT leave without returning your wristband and informing the registration desk you have finished your Backyard.

ALL RUNNERS GOING OUT ON NIGHT LOOPS (From 6pm) ARE REQUIRED TO WEAR A REFLECTIVE VEST AND A HEADLAMP FOR SAFETY – OR YOU WILL DNF.

Welcome From The Race Coordinator

This is the third edition of [Run Bermuda's Backyard](#) and now moving the event to an annual February date, no has to worry this year about getting to their Christmas party on time. This timing also provides a period of rest and recovery after the Backyard World Team Championships which is held in October every other year.

If this is your first Backyard experience, please run through this Event Guide and make sure you are familiar with the Backyard Rules. It's the only adult race where you get a medal for failure, but we would prefer that you decided when you've had enough, rather our having to DNF you. For the uninitiated "Did Not Finish". Which will be all of you except for the "last person standing".

Whatever distance you have targeted, success in the Backyard requires a combination of preparation, camaraderie, and mental resilience. There will only be one "last person standing", however everyone has their own target to push for in setting or surpassing their Backyard Personal Best (PB), and you always have "just one more loop" in you.



If it's your first Backyard then ring the PB bell when you decide to withdraw. For those with existing Backyard PB's ring the bell when you pass your previous best, and again when you withdraw – we will be keeping a watch for you. If you don't yet have a target number of "Yards", check out the [milestones](#) on our website.

There will once again be bragging rights at stake for the team with the most combined "Yards". This year we have extended the team event to sports clubs and organisations. It's not too late to register as a team if 4 entrants can convince us of at least a loose affiliation.

For the first time a Bermuda team competed in the Backyard World Team Championships last October, performing admirably and putting Bermuda on the Backyard map. We're competing again in October 2026. If you aspire to be part of the next Bermuda National Team, check this Event Guide for qualification and selection details.

We would like to thank all the sponsors listed on the preceding pages, especially our Title Sponsor Monument Re Limited who took the leap of faith in helping us to start a Bermuda Backyard in 2022, and have continued to support Run Bermuda's Backyard, our Bermuda National Team, and our adopted charity [Raleigh Bermuda](#).

100% of your entry fee will be donated to Raleigh Bermuda's youth life skills programs. We thank you for your generosity and hope you have a great experience at Run Bermuda's Backyard 2025.

Finally, many thanks to the organising team and volunteers without whom this event would not be possible. Smile and thank the marshals, and share a beer with the organisers!

Andy McComb

Race Coordinator

Run Bermuda's Backyard



Race Philosophy and Rules

Run Bermuda's Backyard will be held at Southside, St. David's with the start/finish corral and "base camp" on the Clearwater Beach field. The event starts on **Saturday 22nd February at 9am** and continues until someone is the last person to complete a "Yard" (as explained later).

Developed by ultra-running race guru Gary "Lazarus Lake" Cantrell, the idea behind the Backyard races is one of self-sufficiency and resilience. Manage your race independently, without third party support, except support from the other runners and crew. At the center of the race philosophy are two points: moving beyond your perceived abilities, and building camaraderie between runners: how many Yards can you do? You can always do more than you think you are capable of.

Backyard runs require runners to complete a 4.167-mile (or the metric equivalent of 6,706 meters) loop (or "Yard") each hour, starting on the hour. Most runners aim to set their own personal best number of Yards or distance, while seasoned ultra-runners will vie to be the last person standing.

All runners start together each hour on the hour and continue each hour until they fail to complete a Yard within an hour or voluntarily withdraw.

A winner is declared when the last person completes a solo Yard.

Should no one complete a solo Yard then we will not have a winner for this year.



BACKYARD ULTRA RULES

Established by the Backyard Organisation

1. COURSE

- Loop or out & back
- Must be 4 miles 880 feet in length
- Metric equivalent 6,7056 kilometers

2. STARTING CORRAL

- Measured to fit entire starting field
- Corral stays the same thru out the event
- Participants must be at the starting corral at the bell

3. STARTS

- Each loop starts precisely 1 hour after the last
- Warning must be given 3, 2, and 1 minutes prior to start
- All competitors must start at the bell (no late starts)

4. LOOPS

- Except for restrooms, competitor may not leave the course until each loop is completed
- No non-competitors on the course (including eliminated runners)
- No personal aid during a loop (common aid stations are allowed)
- Each loop must be completed within an hour to be counted...including the final lap
- No artificial aids (including trekking poles)
- Slower runners must allow passes

5. TIMING

- Timing of the loops is optional

6. WINNER/RESULTS

- The winner is the last person to complete a loop
- All others are technically DNF
- Results of each runner in terms of distance covered are to be given
- If no runner can complete one more loop than anyone else, there is no winner

7. CAP

- Race must be open ended

We ask if the Race Coordinator or their delegate advises you have breached the rules and are designated as **DNF**, you gracefully accept the decision that your Backyard is over for this year and continue to support your fellow runners from the comfort of the bar.

Location/Parking/Access

Significant parking is available at the Clearwater Beach parking lot. This is a public area, so access will not be exclusively limited to Backyard event runners, crew, and supporters. There is additional parking opposite Turtle Beach which is slightly closer to the event “Base Camp”. There are a limited number of prime parking spots in front of the Bermuda Triathlon Association shed available on a first come first served basis.

The event Base Camp will be set up on the Clearwater Beach field adjacent to Sunjammers bar. **There will be no parking permitted on the field.** Our Base Camp Organiser will be on hand to direct you to a suitable location to erect your canopy tent – again for the best locations come early. We will have a marquee for those not erecting canopy tents as well as use of the undercover areas of the Sunjammers bar.



The Southside roads will be open to traffic throughout the event so drivers and runners should be cautious when transiting the area. Please be especially careful if you are traveling while runners are out on their Yards.

Course

The Clearwater Beach and Cooper's Island Reserve were the logical choice for the Bermuda Backyard. The route showcases some of the best landscapes and views of the Atlantic that Bermuda has to offer in a relatively quiet, low-traffic environment. It is also a bit challenging.

Marshalling

There will be a good number of marshals during the Day Loop on day 1, and limited marshaling of the Night Loop and the Day Loop on day 2. For the Coopers Island Reserve section (Day Loop only), the entrance and exit gates will be open and be marshaled on day 1 from the first loop until after the loop which starts at 5pm has passed through (the last Day Loop of day 1). Any runners making it to the Day Loop on day 2 will need to enter and exit Coopers Island Reserve through the pedestrian gates.

Marshals will also be located at the exit/entrance to the Clearwater field for the start and finish of each loop, and the road turnaround and crossing points for the day and night loops.

The Day Loop

Challenging yet ever-changing, the Day Loop follows trails and beaches but with the bulk of the route on path/road. The trail is not technical, but it is sandy, rocky and has some tree roots - Perfect for helping you to pay attention to where you put your feet! Remember to take in the views of the beaches and the Atlantic Ocean, and if you are lucky enough to make it to dawn, then the first loop of the 2nd day should reward you with a spectacular sunrise.

It is a privilege for our event to have permission to transit Coopers Island Reserve so please strictly observe the protocol of carrying everything you take in out with you again. There are a couple of trash cans in the park. If you inadvertently drop anything or see others drop anything, please collect and dispose of it appropriately.

DIRECTIONS

There will be a number of course markers but runners are expected to know the course ahead of time & will **DNF** if they depart from the designated course (other than to access restrooms).

- Leaving the starting corral adjacent to Sunjammers bar cross the field to the field entrance gate located opposite the bus turnaround.
- On exiting the field turn **left** on the road going towards Turtle Beach and enter Coopers Island just past Turtle Beach.

- Inside Coopers Island continue on the road up the slight hill and on reaching the bottom of the hill take a sharp **left** turn onto the beach and then an immediate sharp **right** and run along the length of the beach. (the course is measured at the shortest route from beach entry to exit but if the tide permits it's easier to run on the firmer sand closer to the ocean).
- At the signed exit from the beach turn **left** and head along the path and then up the hill towards the observation tower.
- The turnaround will be located just down a slight drop past the observation tower.
- Return past the tower and down the hill and then up the next hill and **not** back onto the beach you just exited.
- At the bottom of this short hill take a **left** going slightly uphill for a few yards before you enter the 2nd short beach section going down a narrow path.
- On exiting at the end of the beach go left and follow the path which runs around the northern side of Coopers Island.
- You will exit Coopers Island at the entrance/exit closest to the bus turnaround and near the Clearwater Beach field gate where you left the field at the start of the loop.
- Follow the road headed east, past the end of the airport runway, **staying on the left side**, taking a **left** turn at the first roundabout.
- Continue on the left side of the road and then onto the path (following signs) and **go around the 2nd roundabout** closest to the Airport Private Jet Terminal (turnaround point).
- Return **on the left side of the road** (using the footpath as much as possible), going past Pizza House, crossing the road at the junction of Tommy Fox Road and the continuation of Southside Road, again **keeping to the left**.
- Go around the 1st roundabout keeping to the **left**.
- Return down the road to the Clearwater Beach field entrance gate and across the field to the finish line.

The Night Loop

THE NIGHT LOOP WILL START JUST BEFORE SUNSET AT 6 PM AND WILL BE THE ROUTE USED UNTIL THE FIRST DAY LOOP OF DAY 2

DAY 2 DAY LOOPS WILL START AT 6 AM [= 12 LOOPS TO MAKE IT THROUGH THE NIGHT!]

ALL NIGHT LOOP RUNNERS ARE REQUIRED TO WEAR A REFLECTIVE VEST AND A HEADLAMP FOR SAFETY – OR YOU WILL DNF

Even pathways and open, quiet roads make the Night Loop manageable. A gentle hill mid-way provides a modicum of interest to keep the mind and body engaged. There is a steeper

but short hill near the Airport Control Tower where you will reach the highest point of our course with views (all be it at night) of Castle Harbour and St. George's Harbour.

Whenever possible stay on the pathways and if no pathway on the road.

DIRECTIONS

With your headlight turned on & wearing your reflective vest:

- Leaving the starting corral adjacent to Sunjammers bar cross the field to the entrance gate located opposite the bus turnaround.
- On exiting the field turn **left** for a quick route extension on the road (about 150 yards). You will turn around and head back before reaching Sunjammers bar.
- Follow the road headed east, past the end of the airport runway, **staying on the left side**, taking a **left** turn at the first roundabout.
- Continue on the left side of the road and then onto the path (following signs) and **pass by the 2nd roundabout** closest to the Airport Private Jet Terminal and head up the hill towards Carter House.
- After passing Carter House go straight past the 3rd roundabout and after the disused supermarket car park start going down the hill towards the police station.
- At the Lamb Foggo Urgent Care Center turn **left** taking the road in front of the Care Center.
- With the Airport Control Tower on your left bear **right** up the hill where there is a sign for "BLDC Blue Route".
- The road then loops around going steep downhill and rejoining the main road.
- At the main road turn **right**, continuing on the **right** side of the road and then on to the path (following signs) past the Urgent Care Center and retrace your route back up the hill and all the way to the field and the finish line. For the return we recommend staying on the **right** after the turnaround section at the Urgent Care Center, retracing your outwards steps, using the footpaths where possible.
- Note when returning past the 2nd and the 1st roundabouts you do not need to go around them and can stay on the **right** (different to the day route).



Race Courtesy

So everyone can have an enjoyable run experience we appreciate all runners observing the following race courtesies:

- ✓ **Always give way to and be courteous to other park and trail users.**
- ✓ Support each other. Everyone will benefit in running further, breaking the threshold of their expectations, and setting their personal bests, with the support of other runners. This is generally not a time-pressured run so enjoy the scenery and the camaraderie. In endurance running there are always good segments and not-so-good segments, you can help each other get through the challenging segments and together improve your performances.
- ✓ On narrow trails **stay to the left**, especially near turnarounds when there may be oncoming runners.
- ✓ On narrow trails run in single file and allow faster runners to pass – a passing runner should announce their presence (in a pleasant manner) and pass to the right of the runner being overtaken.
- ✓ Do not play audio directly from phones or speakers of any kind (not everyone may appreciate your taste in music or literature).
- ✓ Always provide aid to any runner in distress (this may result in you missing the cut-off and **DNF**, but if you don't provide aid, we will **DNF** you).
- ✓ Strollers of any kind are not permitted.

Safety

In the spirit of self-sufficiency, there is no required gear for the Day Loop. However, we can make suggestions so contact us if you would like input. While the terrain does vary it is predominantly asphalt and regular running shoes should get you through the short beach excursions. The sand is not deep enough to require shoe gaiters though if it's a very wet day they might be a consideration.

February weather in Bermuda can be warm and humid, freezing, everything in between, or all of the above, so dress accordingly. Be prepared for both hot and cold weather, and the possibility of rain. Southside can be quite exposed when the wind blows.

A benefit of a Backyard is you can bring along all your different running outfits and running shoes and change them as often as you like (after completing your loop and before the start of the next loop) depending on weather, predominant terrain, or fashion. Though remember to **always wear your race number bib on the front of your outfit** or you will **DNF**. If you expect to change outfits, we recommend you attach your race number bib to a race belt to make it easy to take off and put back on in the time you have available between loops.

For anyone running the night loop, it is mandatory for safety that you wear a reflective vest and a working headlamp (remember those spare batteries). You will not be permitted to start a night loop without a functioning headlamp. Be able to see and be seen. Remember the Night Loop will start at 6 pm.

For safety reasons, no artificial aids (such as hiking poles), strollers, and large costumes with metal components (think of Big Ben at the London Marathon or similar) are permitted.

It is strongly recommended, so you can be aware of your surroundings, traffic, and passing runners, that headphones should not be worn, with the following exceptions: bone induction type headphones that do not go in the ear, wearing a single earbud (with nothing in the other ear).

Medical support will be available on-site for all of the Day Loop on day 1 courtesy of Bermuda Red Cross and St. John Ambulance. The Lamb Foggo Medical Facility has opening hours of 9 am – 9 pm and there are EMTs located at the nearby Airport Fire Station. The National Security Advisor has informed the emergency services and hospital of our event taking place.

While the St. John Ambulance and Bermuda Red Cross are happy to provide aid for running wear and tear as well as more serious issues, runners should come prepared to manage their own basic medical needs in case the medical crew is busy with an emergency. A basic runner's first aid kit of Band-Aids, blister plasters, Vaseline, etc is suggested.

The race organizers reserve the right to withdraw runners from the event if safety is an issue either due to an individual's circumstances or due to general conditions.

This is a rain, hail or shine run so it is unlikely to be discontinued or cancelled due to weather conditions. The exceptions to this would be lightning in the vicinity, or extremely strong winds that put participants, their crew, or organisers in danger. In circumstances where we have to suspend the race for a period of time and then restart, the format will continue, and we will recognise the winner as our national champion. However individual results will not be eligible for the Backyard Organisation's "At Large" list of performances unless the event is continuous.

Runners should pay attention to the course terrain when running as there are numerous hazards, such as protruding tree roots, loose rocks, road drains, and generally uneven surfaces to encounter. For the day 2 Day Loops runners will be required to enter and exit Coopers Island Reserve through the pedestrian styles.

Race day emergency numbers:

Race Coordinator, Andy McComb	505-8495
Corral & Volunteers Coordinator, Anne Kermode	505-3017
Base Camp Coordinator, Marty Merritt	707-7070

Food/Hydration

You are required to bring your own food & drinks to support your participation in the event.

Runners should ensure they bring sufficient fuel and specialist hydration drinks for the time they expect to run allowing for a buffer as you can always go further than you expect. For those “going long” we recommend eating early and often.

We will provide a clean filtered water source, Powerade and post-race celebratory drinks and snacks.

Support Crew and Shelters

Whether you bring a support crew or not is a personal decision. **Support crews are required to be stationed at the Base Camp.** We do recommend you have at least one support crew if you intend to “go long”. Give yourself the best chance of doing well.

Spectators and crew are requested to stay off the course and can under no circumstances (without the runner being designated DNF) provide any assistance on the course, e.g., hand the runner food or drinks, etc. The course is designated as any area after passing the start line and until crossing the finish line on the same loop. Support and assistance are only to be provided in the time between finishing one loop and commencing the next loop. Remember, spectators and crew cannot pace, i.e., run with, Backyard participants, as that is considered assistance. Runners still competing can share food and drink with each other while on the course.

You are encouraged to bring along a canopy-type tent as shelter from the sun or rain as the weather may provide. It is usual for Backyard participants (especially if intending to “run long”) to be supported by a crew and stage beach-type chair(s) or camp bed, cooler, kit changes, and other supplies under their personal tent – or agree to share a tent with a fellow runner(s). Don’t forget your tent pegs in case it's windy as we will not have the resources to retrieve your tent as it flies away. Tent decoration is strongly encouraged.

We will provide 3 20x20 feet marquees with some tables and chairs which might suffice for day trippers, but it’s entirely your choice. In addition, Sunjammers has permitted us to use the undercover area of their usual bar area and their benches.

We encourage everyone who finishes after a few loops to stay and support their fellow runners and enjoy the facilities. If you have any energy left after running, there will always be jobs to do.

Note that we cannot guarantee there will be sufficient electrical outlets available for recharging phones etc.

Please take all your trash with you so we have zero impact on the environment, and we will preserve the opportunity to use the Southside and Parks facilities in future years.

Location Resources

As it is the off season Sunjammers will not be open.

There is a BLDC bathroom building with men's and ladies' toilets located at the event base camp adjacent to the Sunjammers concession and close to the starting corral which we view as being sufficient to support our event. There are also outdoor showers located at the end of the concession building. We have arranged with BLDC for the bathrooms to be open for the duration of our event.

We will be providing a clean filtered water source. Please bring your own drink containers as there will be no single-use plastic drink containers at the event.

We know all endurance runners love pizza so it's fortunate there is a Pizza House located on the course (but remember not to accept any free pizza as you run past Pizza House as that would be third-party assistance and **DNF**). You will need to have your support crew do the ordering and pick-up.



Backyard World Team Championship



The next edition of the Backyard World Team Championships will take place on Saturday 17th October 2026. All countries start at the same time on their home courses. Each team comprises 15 athletes.

The qualifying period for performances to be considered for team selection runs from **16th August 2024** through **15th August 2026**. So it includes performances at the 2024 World team Championships and the 2025 and 2026 Run Bermuda's Backyard events.

Selection criteria for the Bermuda National Team:

Silver medal winners (our national Champions) during the qualifying period), plus...

remaining places to be awarded to those with the best Backyard results during the qualifying period (at any Backyard recognised by the Backyard Ultra Organisation including Bermuda events).

Ties will be decided by drawing lots.

Please let us know your result from any other Backyards you compete in by emailing us at bdabackyardultra@gmail.com

Race Results, Tracking, Social Media, and Awards

We will be regularly posting on Instagram and our Facebook group during the event so your family and friends can follow the progress of the event. Results will be available on our website after the event as soon as we have caught up on our sleep. We may also email them to everyone.

Tony Bean of [TABFoto](#) will again be taking professional photos for the first 3 hours of our event and his photos will be available online shortly after the event.

Under Backyard tradition, unless you are the last person standing, you are deemed as **DNF**, and your number of Yards completed is recorded. A **DNF** token will be awarded to all runners save for the winner. There is always recognition of the “Assist” being the person who ran all but the final loop as it is not possible to “go long” in the Backyard without an “Assist”.

Our winner will be the 2023 Bermuda National Backyard Champion and will receive the Backyard Organisation’s Silver Medal.



Prizes will be awarded for the most Yards completed in the following age groups: 18–29, 30–39, 40–49, 50–59, 60–69, and 70+. Following Backyard tradition, these age categories are gender inclusive.

We also recognise milestone achievements for completing; “Ultra” status at 50k (8 Yards), 50 miles (12 Yards), 100k (15 Yards), 150k (23 Yards), 100 miles (24 Yards), and our national record (completed by a Bermuda resident who designates their country status for Backyards as BDA). The Bermuda National Backyard record is currently 28 Yards (116.676 miles) and is held by Jason Williams. See the current [milestones](#).

We will no doubt have missed something you need to know and not anticipated all of your questions. You can email us at bdabackyardultra@gmail.com or if your question is worth sharing with the Bermuda Backyard community then please ask your question on our Facebook group page.

Our event website is located at www.bermudabackyard.com

Simple test of the pure will to win

backyard is not a test of speed or strength.
it is a simple test of the pure will to win.
4.166667 miles in under an hour.
it is not hard.



keep stepping up to the line until you are the only
one.
that is hard.
unimaginably hard.
because there are over 100 others.
who have come with the same dream.

ADAPTED LAZ QUOTE.



History

Our Mission

'Using overseas expeditions, local training and ongoing training, we challenge young Bermudians to harness their full potential and develop skills for life.'

Our Vision:

Raleigh's vision is of a Bermuda where young people work together, regardless of social background and culture - challenged to raise their aspirations, supported to believe in themselves and inspired to be part of a global community active in making their world a better place.

Raleigh International Bermuda (Registered Charity # 710) was founded in 2004 by Michael Spurling. The programme structure and philosophy of the Bermuda organisation are based on internationally recognised principals of experiential learning and are designed to help young people develop skills and self confidence in a fun yet challenging environment beyond the classroom and workplace.

Our goal is to empower young Bermudians to set positive goals and take control of their lives. By helping them to see that they are stronger than they thought possible, they are able to realise their full potential and effectively manage the 'day-to-day' risks they face including drugs, alcohol, crime, bullying, loss of motivation, low self-esteem, and lack of self-confidence.

Our intensive year-long programme provides Young People with:

- One-on-One Coaching
- Team Building Activities and Group Challenges
- Outdoor Survival Trainings
- Expedition overseas in Tanzania, Nepal, or Costa Rica
- Training and Engagement of Families/Support Network

Raleigh Bermuda is a proud member of Inter-Agency Committee for Children and Families and one of only ten Charities certified at the highest national standards of governance by The Bermuda National Standards Committee.