



# Austin's Backyard Marathon: Official Race Guide

**May 24-25, 2025 | Leander, Texas**

## Event Overview

Welcome to the inaugural Austin's Backyard Marathon & Memorial Day Remembrance Run, a unique endurance challenge set in the beautiful Texas Hill Country! This officially sanctioned Backyard Ultra is a Bronze Ticket qualifying event where the last person standing will earn a guaranteed spot in a 2025 Silver Ticket race on the road to the 2026 US Backyard Ultra National Team.

**Event Date:** Saturday, May 24 - Sunday, May 25, 2025

**Start Time:** 7:00 AM CDT Saturday

**Location:** 16900 Cherry Ln, Leander, TX 78645

**Race Director Contact:** [info@atxactive.com](mailto:info@atxactive.com)

**Website:** <https://fitfoundation.org/austins-backyard-races>

## What's Included In Your Registration

Your race entry includes:

- Access to this endurance challenge in the Texas Hill Country
- Custom event T-shirt
- Medal and/or coin or woodallion (upon completing at least one loop)
- Fully stocked aid station support

## Race Format:

**There are two formats to the event:**

- 1. The Last Runner Standing Competition**
- 2. Memorial Day Remembrance Run**



## 1. Austin's Backyard Marathon Last Runner Standing Competition:

Follows the classic "last person standing" format:

- The course is a **4.167-mile (6.706 km) loop**
- A new loop starts precisely at the top of each hour
- You must complete each loop within the hour to continue
- Runners are eliminated if they fail to complete a loop within the hour or choose not to start the next loop
- The last person to complete a loop is declared the overall winner

## 2. Memorial Day Remembrance Run Option (for those completing traditional race distances i.e. marathon, half-marathon etc.):

While the last runner standing wins the overall championship and qualifying spot, you're welcome to participate according to your own goals and complete a traditional race distance that will be timed.

### Important Note for Remembrance Run Participants:

- You'll start with everyone else at the beginning of the event
- Unlike Last Person Standing competitors, you do NOT need to wait until the top of each hour to start your next loop
- You can keep running continuously until you reach your desired distance/loops
- Simply notify race staff when you've reached your personal goal to receive your corresponding award
- Official results will show the order in which Remembrance Run participants finished and their total times
- Results will be categorized based on the number of loops completed (e.g., Half Marathon, Marathon, Ultra)



## Distance Equivalents

Set your own goal or see how far you can go! Here are some standard distance equivalents:

### Achievement   Loops Required   Distance

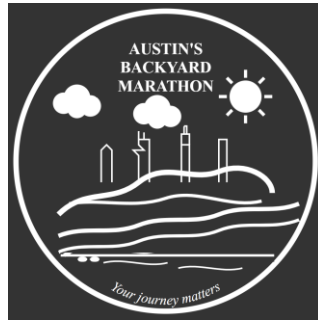
Half Marathon	4 loops	16.67 miles
Marathon	7 loops	29.17 miles
50K	8 loops	33.34 miles
50 Miles	12 loops	50.00 miles
100K	15 loops	62.51 miles
100 Miles	24 loops	100.01 miles

## Awards & Recognition

Every runner who completes at least one loop receives a medal! Our tiered medal system includes:

- **Coin Medal/Woodallion:** For completing at least 1 loop
- **Half Marathon Coin Medal:** For completing 4 loops (16.67 miles)
- **Marathon Coin Medal:** For completing 7 loops (29.17 miles)
- **Ultra Coin Medal:** For completing 8+ loops (33.34+ miles)
- **Last Person Standing Award:** Overall winner + ash juniper cookie+ medal+ cash prize+ Bronze Ticket qualification

All runners receive custom-designed coins and/or medals featuring Lake Travis. The coins are part of the Race Austin Series: Collector's Challenge, which allows you to exchange



three same-tier medals from different Fit Foundation races for a complimentary race entry of the same tier.

## Race Day Schedule & Tent Setup

### Friday, May 23:

- 4:00 PM - 7:00 PM: Packet pick up and early tent and crew area setup

### Saturday, May 24:

- 6:00 AM: Site accessible for tent setup
- 6:00 AM - 6:30 AM: Tent and crew area setup (must be completed by 6:30 AM)
- 6:40 AM: Mandatory pre-race briefing
- 7:00 AM: First loop begins
- New loops begin at the top of each hour for last runner standing participants
- 7:00 PM: Switch to night course

### Sunday, May 25:

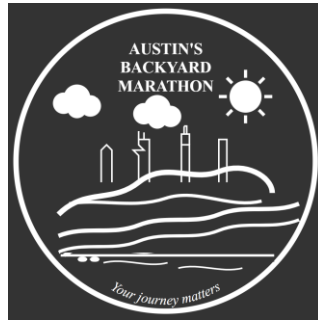
- 7:00 AM: Switch back to day course
- Race continues until only one person remains or final cutoff time is reached

### Tent and Crew Area Setup:

- Designated Area: Main day use near the playground area
- Maximum of 1 tent per participant/crew
- Maximum of 1 table per participant/crew
- Please be considerate of space limitations and other participants

## What to Bring

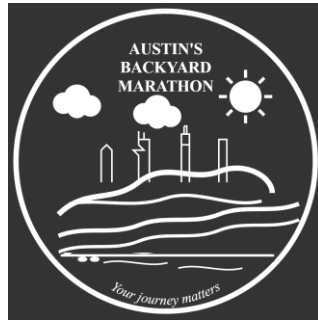
### Essential Items:



- Photo ID for check-in
- Water bottle or hydration system
- Weather-appropriate running attire
- Trail running shoes recommended
- Sun protection (hat, sunscreen, sunglasses)
- Headlamp/flashlight for night loops
- Chair and small shade tent/canopy
- Change of clothes/shoes
- Anti-chafing products
- Bug spray

**Suggested Items for Longer Attempts:**

- Multiple pairs of socks
- Blister care supplies
- Electrolyte tablets/powder
- Nutrition/fuel for extended effort
- Portable phone charger
- Small first aid kit



## Course Information

Course maps are available on RunSignUp. The 4.167-mile loop showcases the natural beauty of the Texas Hill Country, with the course changing from day to night. The terrain is 100% trail with no paved portions.

### **Day Course (7 AM - 7 PM):**

- Runners navigate the southern part of the park
- Loop winds around a peninsula jutting into Lake Travis
- More densely wooded areas with water views
- Natural contours of the lake with numerous bends and turns

### **Night Course (7 PM - 7 AM):**

- Competition shifts to the northern section of the park
- Different set of obstacles and terrain
- Provides a mental reset at the 12-hour mark

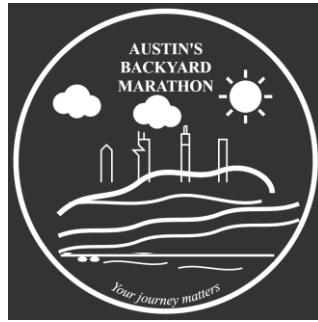
### **Terrain Characteristics:**

- Mixed trail surface
- Some technical sections
- No paved portions
- Exposed shoreline paths and shaded forest sections

## Aid Station & Support Services

### **Water & Hydration**

- Drinkable water will be available for bottle refills
- Plenty of water and ice at the main aid station area throughout the event



## Food

Our aid station will provide a variety of options:

- **Fresh fruit:** Bananas, oranges, watermelon
- **Hot food:** Pizza will be delivered around 1PM
- **Salty snacks:** Pretzels, chips
- **Sweet options:** Cookies, gummy bears
- **Substantial items:** PB&J sandwiches

## Evening/Night Support:

- Pizza or pasta during the night around 8PM
- Easily digestible carbohydrates like cup noodles and soup (hot water available)

## Next morning

- Breakfast bars
- Hot water for coffee and hot cocoa

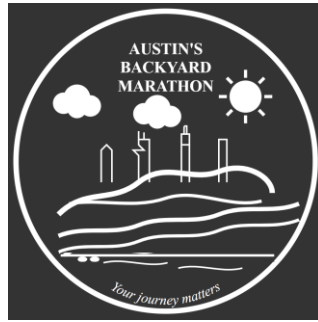
We will maintain a good mix of sweet and salty options throughout the entire event.

## Power Access

- Some outlets will be available in the main gathering area for charging devices
- Power access may be limited during peak times
- Recommendation: Bring a portable battery pack if possible

## Security

- The set-up area is gated
- No dedicated overnight security personnel
- Recommendation: Don't leave extremely valuable items unattended



- Take normal precautions with your gear

## Parking & Directions

Parking is available at the event venue: 16900 Cherry Ln Leander, TX 78645

The location is approximately 30 miles northwest of Austin in the Lago Vista area.

**Important Parking Alert:** The park has limited capacity and park rangers may redirect or turn away visitors once parking areas reach capacity. This is particularly important for spectators arriving later in the day after the race has started.

**Spectator Access Strategy:** If you're planning to have friends or family come support you, we strongly recommend they secure a campsite reservation in advance. Campsite reservations guarantee park entry and provide dedicated parking at your assigned site, even if day-use parking reaches capacity. This strategy ensures your support crew won't be turned away at the gate during peak hours.

### Alternative Options:

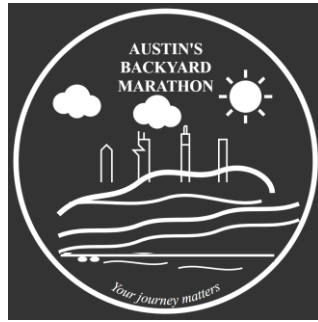
- Arrange carpools where possible to reduce the number of vehicles
- Consider having spectators come during off-peak hours later in the day (early evening)
- Coordinate with other runners to share support crew parking spots

For the best experience, communicate these parking details to anyone planning to support you during the event. The course layout makes for excellent spectating, but only if your supporters can actually get into the park!

## Race Rules for the Last Runner Standing Competition

1. Participants must start each loop at the top of the hour
2. You must complete the entire loop within 60 minutes to remain in the race
3. No pacers allowed on the course
4. No outside assistance on the course except at the start/finish area





5. Course cutting or unsporting behavior will result in disqualification
6. Race bibs must be visible at all times
7. Follow all instructions from race officials. We will have cameras at specific locations to monitor runners throughout the race

## Weather Considerations

May in Central Texas can be warm to hot with moderate humidity. Be prepared for:

- Daytime highs of 80-102°F
- Evening lows of 60-73°F
- Possibility of afternoon thunderstorms
- Plan hydration and sun protection accordingly

## RECOVERY SERVICES: MOBILE IV HYDRATION

### Professional Hydration & Recovery Support

We're excited to announce that **Lonestar IV Medics** will be providing professional IV hydration services at Austin's Backyard Marathon! This premium recovery option can help you maintain peak performance and recover faster during the event.

### Services Available

- Rehydration IVs with electrolytes
- Recovery formulas with vitamins and minerals
- Athletic performance support
- Professional administration by licensed practitioners

### When & Where

Lonestar IV Medics will be stationed near the start/finish area throughout the event, with services available on Saturday and Sunday



## How It Works

1. Visit the Lonestar IV Medics station after your race
2. Consult with their medical professionals about your specific needs
3. Receive professional IV therapy in a comfortable setting
4. Experience faster recovery and improved hydration

## Why Consider IV Hydration?

Long distance running creates unique demands on your body. As you complete multiple loops, proper hydration becomes increasingly critical for performance. IV hydration delivers fluids, electrolytes, and nutrients directly to your bloodstream, bypassing the digestive system for maximum efficiency and faster recovery.

## Pricing

All services are paid directly to Lonestar IV Medics. Special participant rates will be available.

*Note: All IV therapies are administered by licensed medical professionals. Treatment is subject to medical screening for safety.*

## Final Preparation Tips

1. **Review the Course Maps:** Familiarize yourself with both the day and night course layouts before race day.
2. **Plan Your Nutrition:** The backyard format requires careful fueling. Plan what you'll eat/drink during each hour break.
3. **Rest Strategy:** Develop a plan for how you'll use your recovery time between loops (changing socks, stretching, eating, etc.).
4. **Pace Planning:** The key to success is consistency. Plan your target pace for each loop to ensure adequate rest time.



5. **Night Running:** Ensure your headlamp is fully charged and tested for the night course.
6. **Weather Preparation:** Check the forecast the week of the race and pack accordingly for both day and night temperatures.
7. **Mental Approach:** Break the challenge down into one loop at a time rather than focusing on the total distance.

## Spectator Information

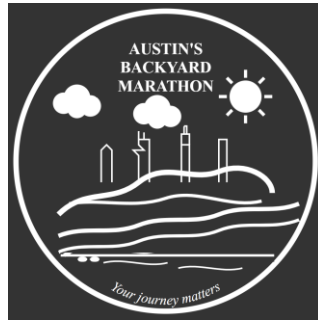
Spectators are welcome at the start/finish area. Please note they will need to pay the park entry fee. The format makes this event particularly spectator-friendly, as you can watch runners return and depart each hour.

## Race Weekend Tips

1. **Pace Yourself:** The key to success is managing your effort to finish each loop with time to rest before the next hour starts.
2. **Recovery Strategy:** Develop a plan for how you'll spend your rest time between loops.
3. **Nutrition Plan:** Consume calories regularly, even when you don't feel hungry.
4. **Stay Cool:** Use ice, cold towels, and shade during the heat of the day.
5. **Mental Toughness:** Break the challenge down into one loop at a time.

## Upcoming Events & Special Discounts for ABM Runners

As a participant in Austin's Backyard Marathon, you're part of the Fit Foundation racing community! We're pleased to offer you exclusive discounts on our upcoming events. Use code **BACKYARD2025** when registering for any of the following races to receive 15% off your entry:



### [Pace Bend 5K/10K + Kids K Run for Readers](#)

*June 8, 2025 | Spicewood, TX*

A family-friendly event with stunning lake views and a special focus on promoting childhood literacy.

### [Austin Solstice Circuit](#)

*July 12, 2025 | Spicewood, TX*

Multiple distance options including Marathon, 52M Relay & Solo, 50K, 25K, 10K, 5K, and a Free 1K Kids' Fun Run.

### [Autumn Harvest Marathon and Half](#)

*October 4, 2025 | Lago Vista, TX*

Celebrate the fall season with this scenic race through the Hill Country.

### [Lake Travis 5K/10K Dash to the Oasis](#)

*November 1, 2025 | Austin, TX*

Fast course with a spectacular finish at the iconic Oasis restaurant overlooking Lake Travis.

### [Colorado River Run Marathon, Ultra and Taco Trot](#)

*November 28, 2025 | Lago Vista, TX*

Work up an appetite for your Thanksgiving feast with this popular holiday tradition.

### [Race Austin: Holiday Victory Lap](#)

*December 14, 2025 | Spicewood, TX 78669*

Marathon & Half, 10K, 5K options available in this festive holiday run.

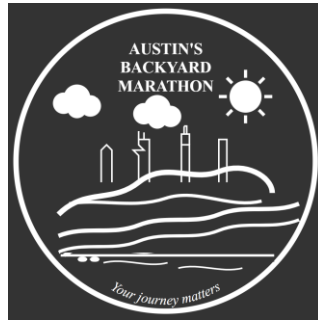
### [Lake Travis New Year's Trail Challenge](#)

*January 1, 2026 | Lago Vista, TX*

Multiple distance options including 50K, 25K, Half Marathon, Last Runner Standing, 5K Run/Walk, and Kids 1K, plus Ruck options for an added challenge.

## [Stay Connected: Fit Foundation Community](#)

Want to improve your trail and ultra running performance? Subscribe to our **Fit Foundation** Substack newsletter for exclusive training tips, and race strategy insights delivered straight to your inbox.



Each week, we share valuable content including:

- Race-specific training plans
- Mental toughness techniques
- Nutrition and hydration strategies
- Recovery tips to prevent injury
- Exclusive subscriber-only discounts

**Join our community today!** Visit: <https://fitfoundation.substack.com/>

## Questions?

For additional questions, please contact the race organizers at [info@atxactive.com](mailto:info@atxactive.com)

We look forward to seeing you push your limits at Austin's Backyard Marathon and we can't wait to see how far you'll go!