



From the Race Directors



We cannot wait to have you all down at the farm again this summer! The energy from the first two editions of the Old Tom Backyard has fuelled us to put on a bigger and better event for all of you crazy turkeys! This year's event once again sold out in record time by runners from across Canada. We're truly humbled by your enthusiasm for Old Tom Backyard and do not take your support for granted!

Our goal for the weekend is to provide you with a top-notch Backyard experience so that you can find your ultimate limit. We strive to be one of the best Backyard Ultras in Canada, and to show Canada that Manitobans are a different kind of tough. With this year's event receiving 'Silver Ticket' status, we are excited to welcome some of Canada's top backyarders to the farm to compete for a spot on Canada's World Championship team!

An event like this can only be what it is thanks to the incredible support from our local sponsors. Their support has truly been overwhelming!

We can't wait to see you all push yourselves to your ultimate limit starting July 4th!

Danny Reimer and Steffan Reimer



Race Site

Old Tom Backyard is hosted on an active family farm near Blumenort, Manitoba which is about 25 minutes SE of Winnipeg. The Reimer family has been raising turkeys and cattle on this site for 3 generations, with the 4th generation of kids starting to help out!

There will be plenty of parking available on the farm. Volunteers will be directing traffic throughout the first day, so please follow their instructions. If the farm yard fills up, volunteers will direct vehicles to park along the west side of Old Tom Road.

The race corral and staging areas will be under the shelter of open-sided pole sheds, so crew and spectators can stay under a roof. There will be 50 marked 10x10 areas for people to claim under the main pole shed. In other words, no tents bigger than 10x10 in the main shed. We encourage runners to share tents if they want to ensure being close to the corral. There will be plenty of room in the west shed or the grass between the sheds if you want more space. Once runners begin to DNF and leave the race site, feel free to move your camp closer to the corral if you'd like.

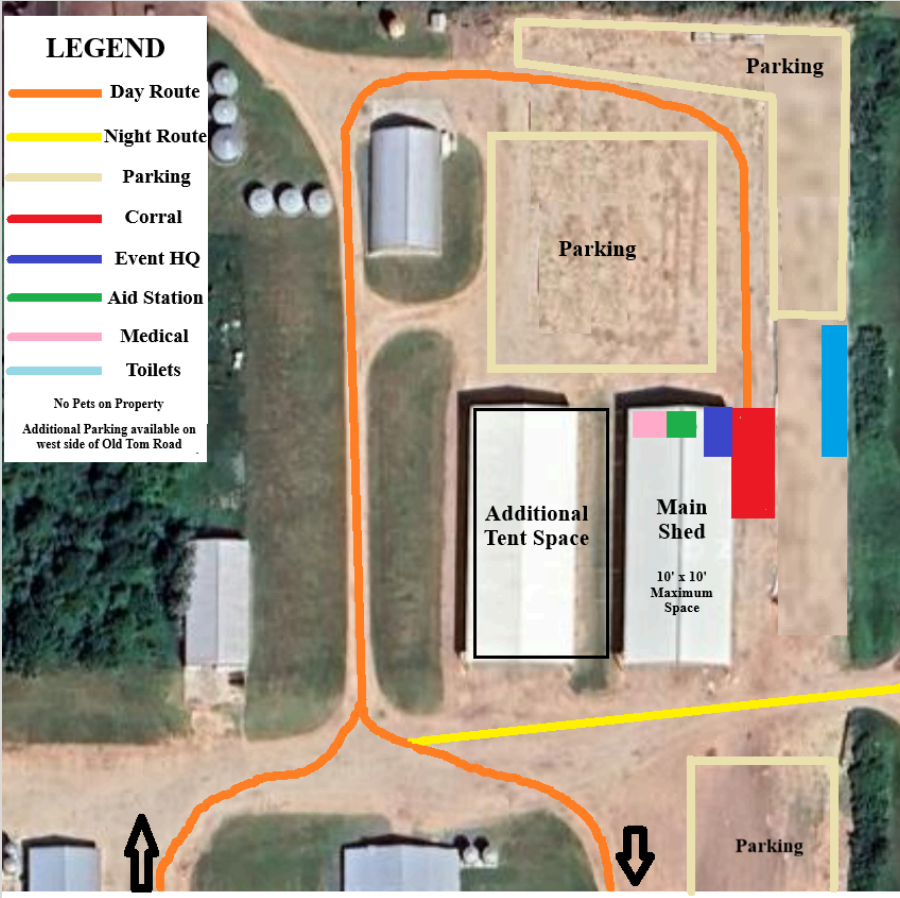
There will be a number of portable toilets at the main camp area as well as a couple on the course. Crew and spectators should leave the toilets for runners ONLY between minutes 40-59 of each hour.

The Day course is run exclusively on private land, truly making it a 'Backyard!' This includes on the Reimer family farm as well as trails in a number of our amazing neighbours' backyards. Let's do our part to keep these trails in awesome shape so we are invited to use them again year after year!

As this is an active farm site, there will be areas of no admittance due to biosecurity reasons and the health/safety of the turkeys. Please respect any signs/instructions the hosts have provided.

As much as we love our pets, pets will NOT be allowed on the property.

Race Site





Friday July 3rd

Package Pick Up and Racer Tent set up: 6-8pm

- Course will be marked for those that want to preview where the suffering will go down!

Saturday July 4th

Package Pick Up: 6:00 - 7:15am

Tent Setup: 6:00 - 7:30am

Mandatory Pre-Race briefing: 7:30am

1st Lap Start Time: 8:00am

Any merch bought from OTB Merch Store will be available at check-in.

Event Schedule

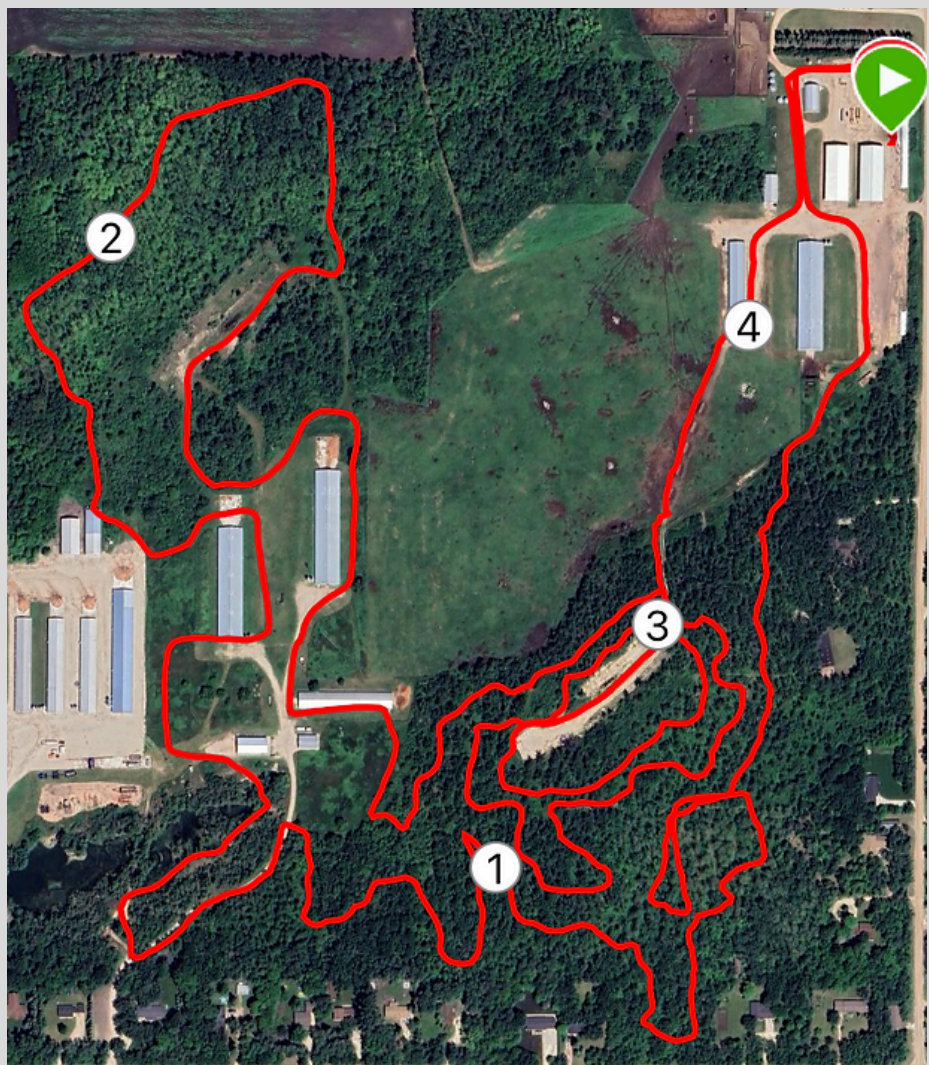
Course

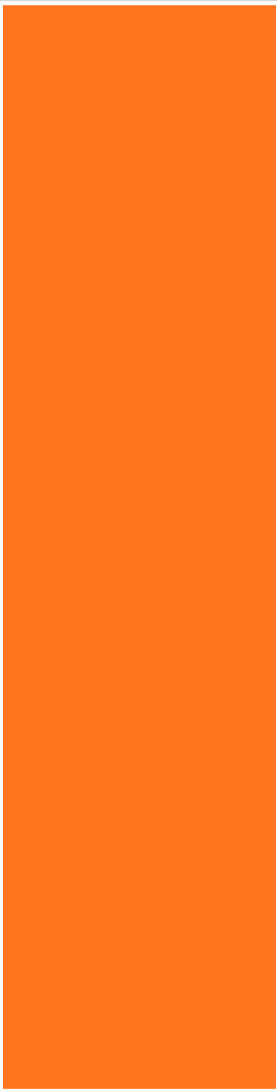
The course consists of a separate Day and Night Loop

The courses will be VERY well marked with arrows, ribbons and tape when needed. Even when runners start getting delirious, they still shouldn't be getting lost!

Day Loop: 5am - 9pm

Trail - Loop consists of beautiful treed singletrack and grassy pasture trails.





Night Loop: 9pm - 5am

Road - Lap consists of an out-and-back on our local gravel mile roads.



Backyard Rules

- Runners must finish each 4.167 mile lap within 1 hour.
- Participants MUST be in the starting corral and begin moving forward at the bell. NO late starts!
- Warning whistles will be given 3, 2, and 1 minutes prior to the starting bell.
- Runners may not leave the course until each loop is completed. Once the bell goes you must complete the loop before any support is given/taken.
- No support to be given/taken from crew or spectators during the loop – no gear, food, or liquids. The only support allowed is a quick verbal encouragement as you pass by.
- No pacing.
- No artificial aids (including poles).
- Slower runners please allow faster runners to pass.
- The winner is the last person to complete a loop within the hour after all others have DNFed.
- If no runner can complete one more lap than everyone else, there is no winner.
- Please report to the timing area when you decide you can no longer go on.
- This is a self-supported event. You will need to provide your own food. We will provide water and a few snacks during the event, but don't rely on the aid station for your sole fueling needs.
- No littering.
- No open fires in support area (camp stoves are allowed).
- During the night loops, runners MUST have a headlamp and some form of reflective vest/belt, as the roads will remain open to traffic.
- Obey any instructions given to you by race officials.
- As this is a family friendly event, no obscene, indecent or vulgar language or behaviour will be tolerated.

*Please note, failure to follow any of the above rules will result in a DNF.

Crew

No ultra runner can run their best race without awesome crew support, and we want them to feel fully involved in what's sure to be an awesome event! Please make sure your crew is familiar with the Backyard Rules. We would hate for them to cost a runner an earlier than planned DNF because of a breach of rules.

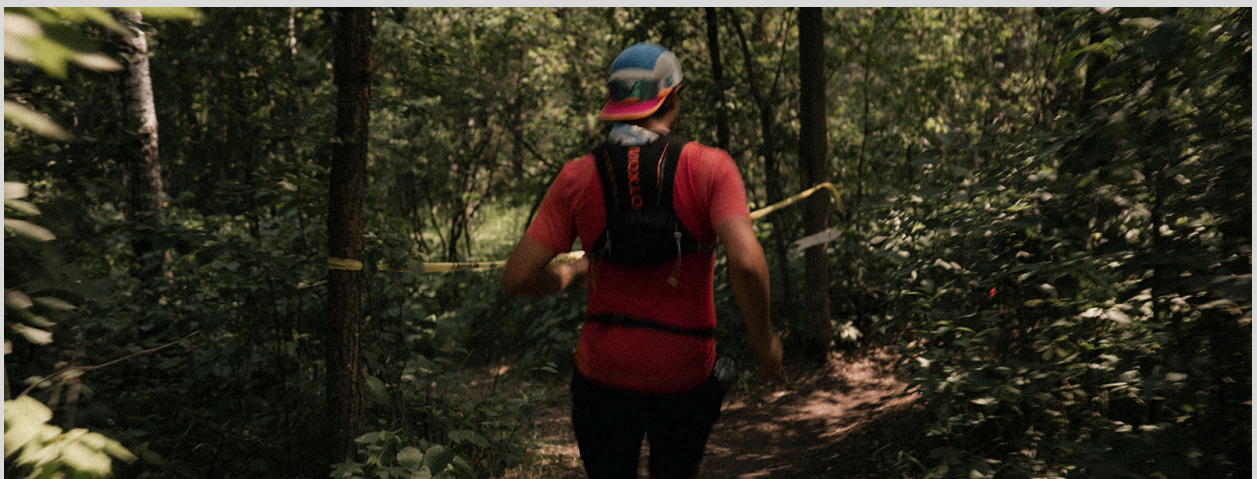
Unfortunately, there will not be a place to charge phones, watches, etc, so please plan accordingly.



The Old Tom Backyard will have a stocked aid station generously provided by Big Sky Run Co. They will have the basic 'aid station' snacks, water and refreshments to top up your fueling. Plan for this to be a 'top-up' and bring your main source of fuel for yourself.

And yes, due to popular demand, runners will receive a free delicious cinnamon roll after every 4 laps completed! That just might be the extra incentive you need heading out on laps 4,8,12,etc!

Food



Live Stream and Results

Old Tom Backyard will have a livestream and live results available online on our website oldtombackyard.com.

Please direct your family and friends who want to see how crazy you are to the website where they can check if you're still upright!



Dynamic Chiropractic & Sports Therapy Centre will once again be on-site to help with Medical / First Aid as well as any other body issues that may come up. Whether a runner is injured, or just needs some help with a tight muscle, we encourage them to head over to the Dynamic tent and get some help.

First Aid / Medical



Wifi

Runners and their crew could be on the farm for a while, like... a long while, and thanks to our friends at Ascend Communications, there will be free wifi so runners and crew can stay connected with friends, family and the world while at the event site.



- Last Runner Standing will receive a Silver Ticket towards the 2026 Team World Championships

- If Last Runner Standing sets a new course record (currently 35 yards - Aaron Webb) they will win \$1000

- If the Last Canadian Runner Standing bests the Canadian Home Soil record (currently 68 yards - Lee Alonzo Murphy) they will win \$10,000 and the Assist will receive \$5,000 *

* Must be a Canadian by IOC designation

* If more than 1 assist, prize money will be split between assistees

* If no sole "Last Runner Standing" winner but record broken, \$5,000 assist will be split between last runners

Prizing

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WITHOUT YOU!**