



LITTLE BACKYARD ADVENTURE

Runner Guide 2024

We're so excited to welcome you all to L.B.A. woods, a City park in Olympia, Washington. The trails are twisty and these amazing woods are ready for all you racers - and this year we added a few puddles - you're welcome.

Below is all the important information you need to know to have an amazing and successful race.

Read up and see you Saturday, March 9th, 2024 - bright and early!

Mathias & Trixy Eichler

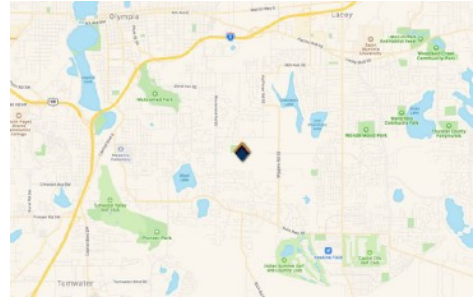
(he/him) | (she/her)

And your entire team at
Rock Candy Running



DIRECTIONS AND PARKING:

Our website has all the info on how to get to LBA Park. 3333 Morse-Merryman Road SE, Olympia, WA is the address. Use the main parking lot to park, there will be plenty of space. The race headquarters are a short walk from there at the main shelter by the playground.



PACKAGE PICKUP:

Bib pickup will be open starting at 5:00am at the race headquarters (picnic shelter) by the kids playground.

PRE-RACING BRIEFING:

We'll have a brief pre-race briefing at 5:45am at the picnic shelter for the 12hr racers and a 6:45am one for the 6hr racers.

12HR RACE STARTS: 6am

6HR RACE STARTS: 7am

Bring a headlamp - it'll be dark at race start for you first loop!

LBA LIVE:

Yes, we're providing live coverage 'light': Tracking info and event photos will be on Electric Cable Car.

Send your friends and fans [this page](#) let them follow you as you're looping around LBA.

ElectricCableCar.com/live



THE ROUTE:

The ~4mile race route will be marked with bright signage and ribbons. The trails are twisty, so be careful to not lose sight of where you're at. Things can get crazy quickly at LBA.

!!! This year we'll be routing all the runners THROUGH the shelter.

Mostly for tracking, but also for access to the aid station and drop bags. It's vital that you check in with volunteers to get your loop tracked.



HOW WE'LL TRACK RUNNERS:

This is your race. Run one loop, we'll cheer. Run all the loops, we'll cheer for you. Yes, there will be a race clock running, counting down the 6 or 12 hours. We'll be tracking each runner's progress and how many loops they completed. Be sure to check in each loop to get your progress counted and tracked. Only completed loops will count and runners with the most loops completed will be crowned Legends of LBA*.

AID STATION:

We will have an aid station IN the race headquarters by the start/finish of each loop. At the aid station we'll have water, Tailwind and RC Cola! For food we'll have snacks, fruit and quesadillas, cups of noodle and potato soup! This is a cupless race, so prepare accordingly and bring a cup or flask.

Our friends at **Hydrapak** are providing race cups for all you runners, and a sweet discount.



DROP BAGS:

With the forecast for moisture from above and below we will make the shelter available for you to drop your bag and access them each loop.

WEATHER:

The temperature for Saturday is forecasted to be between 42 and 49, so it'll be chilly and there will be moisture - prepare for that!

RESTROOMS AND RECYCLING:

Restrooms are available for the day of the race. We ask that you do your best to keep it clean and to throw all trash in the garbage cans. Please help to keep them as clean as you can, as we are guests in the city park and hope to return year after year.

Bins for recycling & food waste will be available as well. Volunteers on race day can point you in the direction to the proper receptacles.

OPEN TRAILS:

The trails of LBA Park and Woods will be open to other trail users during the race. Please be respectful and kind, and be a good ambassador for our trail running community!

AWARDS AT OUR AFTER PARTY:

March 15th at the Capitol Theater. Let's watch some inspiring films together and celebrate our trail running community.

All LBA finishers will get a FREE entry to the Trail Running Film Festival in Olympia. We'll have an award ceremony for top finishers and a few more surprises!



SPECTATE, CHEER AND VOLUNTEER:

If you're planning to have a friend/partner with you. They are all welcome. Let's make some noise. Send these runners with a smile on their loops and help them smash their goals.

ANY OTHER QUESTIONS?

Lots of additional info on our [Race Info webpage](#).

Anything else?

Please reach out to RD Mathias Eichler at mathias@rockcandyrunning.com.



LAST MINUTE TRAINING TIPS FROM TEAM RUNRUN:

Team RunRun coaches Laurie Porter and Keith Laverty [share some great insight](#) on how to prep for your long run. Go check out their articles while you nervously get yourself ready for this weekend.

BRING YOUR OLD RUNNING SHOES:

We'll turn them into trees!

Through our partnership with **GotSneakers** and **OneTreePlanted** we will recycle your old sneakers and turn them into trees with OneTreePlanted. How cool is that?



EVENT SPONSORS

This amazing event wouldn't be possible
without the support of these incredible partners.

Thank you!

2024 SPONSORS

