

CVUB 2026
Crown of the Valley Ultra Backyard

Pasadena, NL

August 15-16, 2026

Acknowledgement – To the crew at Paradise Backyard Ultra for the assistance with getting this going in the first place ... answering questions, help with planning, the race guidelines and booklet, etc..... to all the volunteers.... the support last year from the runners, spectators, community at large....thanks folks!!

Race Day Rules & Regulations

When & where

Bib pick-up and race waiver signing will be available at Pasadena Place (Tenth Avenue) on Friday, August 14th between 5 -7pm. All participants must sign a race waiver (on-site) before competing, and bibs will not be given out without a waiver. Out of towners can pick-up bibs if necessary on Saturday morning at the race check-in, but please allow time for this in your arrival/pre-race planning.

The race will start Saturday August 15th at 10:00 am, and each lap will start on each successive hour after (11am, 12 noon, 1pm....), finishing no later than Sunday August 16th at 11am (following a possible 25th lap).

Race check-in will be available between 8:00 – 9:30am on Saturday 15th, with a short rules review at the Start / Finish line area at 9:30 AM (30 mins prior to the start). The venue will open at 8am. All participants should be on-site for the rules review at 9:30am.

The course is a 6.71 km loop in and around Pasadena, comprising of approx. 2.8km of asphalt, 2.1km of trails, and 1.8km of gravel roadway (alternating surfaces). The course will be marked at all turns and directional changes by “CVUB” signage / directional arrows, but it is the responsibility of each participant to be familiar with the route.

The course begins at the start/finish line next to Pasadena Place (soccer field), and heads out across the soccer pitch, making a quick right onto 10th Avenue. The next right (at playground) takes runners onto Bonnell Drive, past the baseball field and continuing onto the gravel road

surface. Nearing the end of this road, runners take a right and emerge onto Aspen Avenue, the next left turning onto Midland Row and then travelling northeast. This road will again turn to a gravel surface, and continue straight ahead to a turn-around approx. 350 meters later. Returning back (southwesterly), runners will continue back onto the asphalt of Midland Row, eventually taking a left at the bridge onto a side trail. Travelling along this trail/gravel road, runners will come to a Y and merge to the right onto Wagg Place. Running west on Wagg Place and crossing straight thru the intersection, runners will continue into the trail system, until a hard right in the trail brings runners out to Walsh's Avenue. From here, a left turn takes runners into the large field and trail which proceeds southwest and across two brooks, to Pasadena Academy High School. Runners will stay to the left and behind the school, into the field and trail system heading southerly through the trees. Continuing along this trail, a marked right turn approx. 500m into the trail will loop runners back into a large field, running northerly towards the end of White's Ave. Continuing along White's Ave, the next right turn brings everyone back onto Midland Row (heading northeast) until the next available left (at 10th Ave), running in front of the fire dept and a right turn back into the soccer field to the start/finish line.

NOTE: the course is not closed to pedestrians or other traffic, please use caution and maintain awareness of your surroundings at all times.

The GPX file of the course is available on the Facebook group (Crown of the Valley Ultra Backyard) <https://www.facebook.com/share/p/1EtEBde8xo/?mibextid=wwXlfr>, the race website www.cvub.ca, and by email (crownvalleyultra@gmail.com).

Race Rules

1. Runners have 1 hour to complete each 4.167 mile (6.71k) course loop (yard).
2. Lap Starts:
 - **Each lap starts precisely 1 hour after the last, with race start at 10am**
 - A starting signal/warning will be given at 3, 2, and 1 minutes prior to start
 - All competitors must be in the starting corral ready to start at the bell (**no late starts**). The corral will be marked as the space behind the start/finish line and between barricades

3. Loops:

- Except for restroom breaks, competitors may not leave the course until each loop is completed (please, no public nudity)
- Non-competitors (including eliminated runners) are asked to stay off the course
- No aid is permitted to race participants during a loop
- **Pacers are not permitted** (request only registered participants run route during race)
- Each loop must be completed within the hour to be counted... including the final lap.
- No artificial aids are permitted (no trekking poles)
- Slower runners must allow passes (all competitors are asked to overtake others only when safe to do so)

4. **Runners are to be self-sufficient. They will be responsible for their own hydration, fuel, running gear, shelter, sunscreen, etc. Support crew are permitted at the start/finish area, but not on the course.**

5. Mandatory requirements

- **All runners MUST carry a whistle.**
- For laps starting and continuing **after 8:00 PM, runners MUST have a working light source** (headlamp or belt light preferred) **until 7:00 AM.**
- All runners are asked to wear the supplied race swag for lap # 1 (we just want the pictures 😊)

6. Timing

For each lap, when runners return to the finish please check in with a start/finish volunteer who will record their bib number # and time (in minutes:seconds). There is no “time banking” or “early starts” permitted for each loop, this is for results tracking only.

7. Winner/Results

- The winner is the last person remaining to successfully complete a loop within the allowed hour time limit
- All others racers are officially a DNF result
- If no runner can complete one more loop than anyone else, there is no winner
- Should more than one person complete 24 hours / 24 yards, a 25th final yard will be run. The first person to complete the 25th yard (within the 1-hour time limit) is awarded the race win. If no runner completes yard #25 within the hour limit, there is no winner.

Runners who complete various distances before DNF/finishing will be designated the following completions:

2 laps: Warm-Up

5 laps: Here for BBQ

10 laps: Fun Run

15 laps: Metric Hundy

20 laps: Sunrise Shuffle

24 laps: Century Club

Fastest 25th lap / Winner / Last Person Standing: 2026 CVUB Champ

8. Non-Winners / DNFs

- Runners who do not finish a lap must check-in with a volunteer at the start/finish to record your bib number and number of laps officially completed.
- All DNF runners from each lap are asked to come to the start/finish area at 15 mins past the hour to be officially “DNF’d” from the race.

9. Prizes

The winner of the Crown of the Valley Ultra Backyard race will receive bragging rights, free (transferable) race entry to the 2027 race, and the race crown.

Everyone else goes home with a DNF, a sense of accomplishment / regret (circle yours), and likely sore everything. Don't worry, by Tuesday you'll be asking about the 2027 registration and priority links to the race entry

We also look to add some special shout-out awards, so hopefully you can make the race social at 4pm on Sunday, August 16th (held at Pasadena Fire Rescue... there will be BBQ and bevy's).

10. Race Direction

Your race director for the day-evening-day is Jim Pink, and he (or his designate) is empowered to make all final race decisions around runner's safety, finishing order, DQ's, etc. Jim has run the Paradise Backyard Ultra previously, and so he knows your pain. **All participants are expected to abide by the race director's ruling and decisions.**

11. Parking

Runners, support crews, and spectators can park in the main parking lot of Pasadena Place, the Town of Pasadena town office parking (10th Avenue), parking areas at playground/baseball

fields, etc. **Please do not park directly behind or in front of the Fire department** (these areas are marked and reserved for responding firefighters). Entrance to the start/finish and rest areas are direct from the Pasadena Place parking lot (see maps).

12. Tent/Help Area Setup

There is an area that will be used for runners to set up their own tent/aid station, shown on the provided maps (pink areas). Runners are asked to sort themselves by their anticipated number of laps to be completed (there is plenty of space, please allow those with aspirations of higher lap totals to be closer to the line).

Please note – we are using Town-owned property and participants are responsible for its use. Please ensure garbage is disposed of properly. Willful damages to the area by a runner or their crew will result in the runners disqualification from the race.

13. The “Facilities”

There will be portable toilets setup on site in the start/finish area, and public restrooms are available at Pasadena Place during normal business hours. There will also be a portable toilet on course at approx. the ½ way point of the loop (~ 3.5km in, near the sliding park).

14. Vendors & Amenities

- There may be various vendors and/or sponsors on site for part of Saturday.
- Pasadena Fire Rescue will possibly (TBC) have a fundraiser BBQ ongoing at the fire hall (next door to the race site) Saturday afternoon/evening for a limited time for anyone looking to get quick food.
- There are also a number of restaurants and stores in town (within 2.5 kms of the race venue) – Café 59 restaurant, Greco Pizza, Mary Brown’s, Robyn’s Donuts, Foodland grocery, Trudy’s Convenience, the Medicine Shop, Shoppers Drug Mart, Dollarama, Irving and the Oasis Beach restaurant.

15. Post-race Social

Did we mention the party?..... the race social will go at 5pm on Sunday, August 16th (held at Pasadena Fire Rescue). There will be BBQ, a cash bar, maybe some free sociables, and lots of tales from the previous two days.

Emergency Planning / Medical Attention / Security

Key points on emergency planning, medical assistance and security:

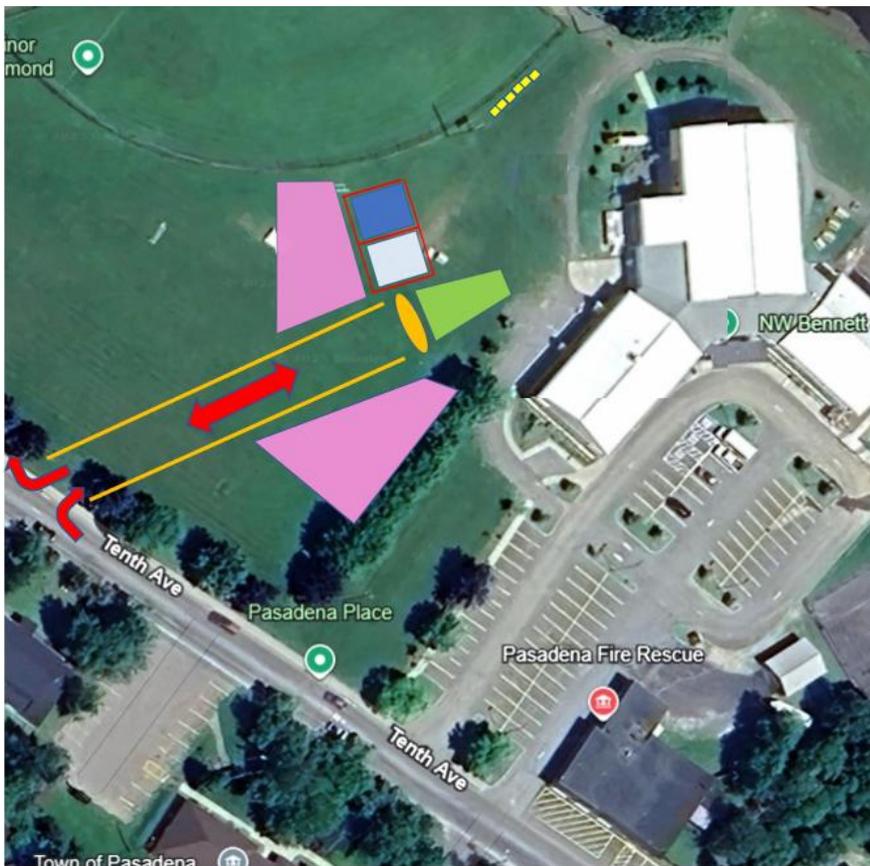
- The Town of Pasadena and Pasadena Fire Rescue (PFR) have been provided an event emergency plan which provides instruction/guidance on what to do in the event of an emergency
- Pasadena Fire Rescue is a volunteer department, and maintains an on-call crew of six firefighters 24 hours/day through the weekend periods. In the event of an emergency, call 911 and provide details of your emergency and request the attendance of Pasadena Fire Rescue
- The event is designed to be an endurance event in which runners will have to persevere through different types of conditions. However, certain situations (i.e. lightning, natural disaster) may require the event to stop. This is not anticipated but has to be stated, and the race director (or designate) reserves the right to pause/stop the race if unsafe conditions exist/persist.
- **In the event that a runner is on course and cannot continue, they MUST notify the race director or a volunteer. Racers should have a means of communication (ie. cell phone) to call for help.** Runners will be responsible for getting back to the start/finish unless it involves the need for emergency medical attention, at which point an ambulance may need to be called (runner's responsibility for any charges).
- **All runners MUST carry a whistle.** This will be used to indicate a runner in distress. If a runner requires emergency first aid, they should blow a whistle with **three (3) sharp blasts** which is the universal signal for distress.
- For laps starting and continuing **after 8:00 PM, runners MUST have a working light source** (headlamp or belt light preferred) **until 7:00 AM**. Laps starting at 7:00 AM (or later) on Sunday are not required to maintain lights.
- There will be someone with First Aid training at the Start/Finish area. They will have the ability to pull runners (in consultation with the race director or his designate) if they believe the runner is not in the right mental or physical state to continue.

Key Notes/Reminders

- The course route is not-closed, maintain awareness of all traffic (motorized or other)
- Runners should use sidewalks wherever possible and/or run on the left side of the road.
- Each lap starts precisely 1 hour after the last. If a runner is not back from the previous yard, or not in the starting area/corral for the starting bell of the next lap, they are marked as DNF for that lap and their race is over.

- Runners are to be self-sufficient. They will be responsible for their own hydration, fuel, running gear, shelter, etc. Support crew are permitted at the start/finish area, but not on the course.
- In the event that a runner is on course and cannot continue, they MUST notify one of the race directors or volunteers.
- All runners MUST carry a whistle and if they are in distress blow three (3) times. A method of communication (ie. cell phone) is strongly encouraged.
- For laps starting and continuing after 8:00 PM, runners MUST have a working light source (headlamp or belt light preferred) until 7:00 AM.

START FINISH LINE AREA



Orange – start / finish line and chute

Green – starting corral area

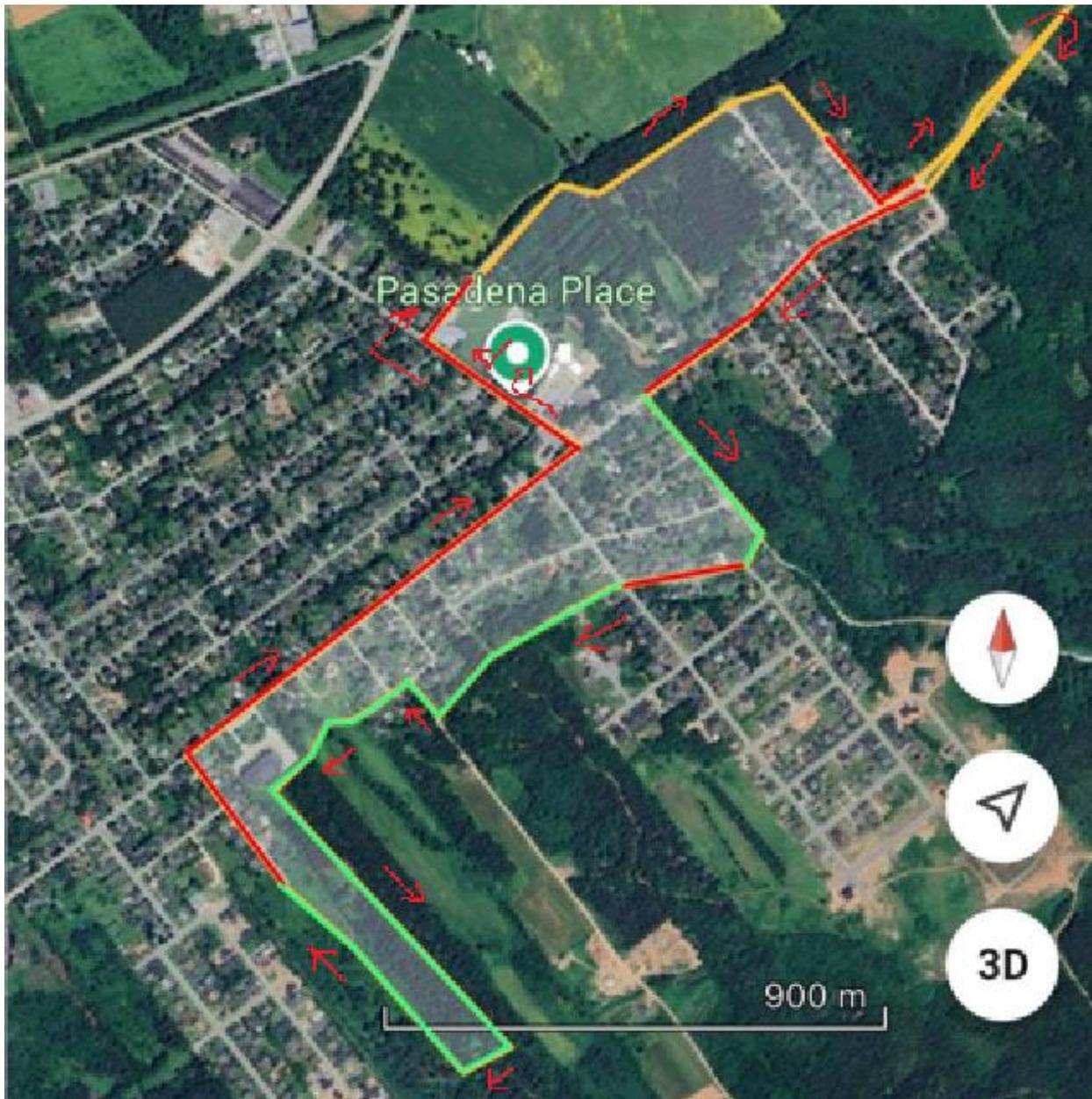
Pink – participant tent setup areas

Grey – race registration (large tent)

Blue – first aid area (large tent)

Yellow – portable toilets

COURSE OVERVIEW (6.71k loop)



- Red – asphalt surface (~ 2.8 km total)
- Orange – gravel surface (~ 1.8km total)
- Green – various trails / grass surfaces (~ 2.1 km total)