24H BACKYARD TRAIL IN LUXEMBOURG – KOERICH

RUN THE MUDDY HILLS OF KOERICH MORE THAN ONCE!

RUNNER'S GUIDE & OFFICIAL RACE REGULATIONS

24–25 October 2026
Koerich Castle – Luxembourg

· 24 Hours · 6.7 km per Lap · 140 m+ per Lap

Solo · Duo · Trio

1. WELCOME TO KOERICH

Welcome to the very first **24H-Backyard Trail in Luxembourg**.

Set around the historic **Castle of Koerich**, this unique trail-running event combines endurance, strategy, nature and community. The course takes runners away from the traditional road-racing environment and into the forests and trails surrounding Koerich.

Expect:

- scenic single tracks
- technical descents
- steep climbs
- muddy sections
- forest trails
- changing conditions
- beautiful natural surroundings

Whether you are an experienced ultra runner, a trail runner looking for a new challenge, or simply want to experience something completely different, this event is made for you.

The choice is yours.

But if you want to compete for the official Solo, Duo or Trio classification, you must complete all the laps.

2. EVENT CONCEPT

The event consists of a maximum of:

26 laps. Yes. **26 laps**, due to the daylight saving time change during the night, the event consists of **26 laps**.

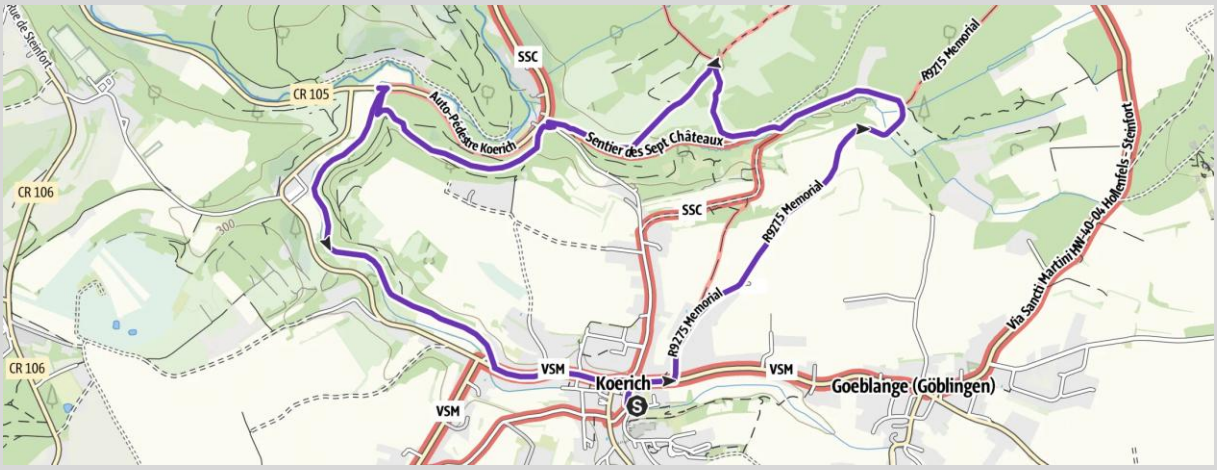
Each lap is:

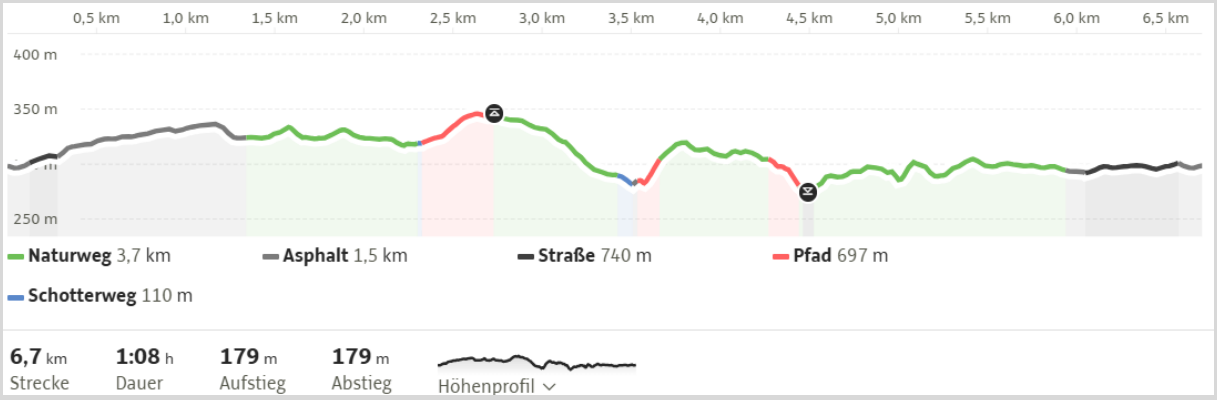
6.7 km

With approximately:

140 m+ elevation gain

The map :





GPX Data :

https://www.outdooractive.com/de/route/trailrunning/guttland/bcr-backyard/340533906/?share=%7E34yn3udx%244ossprgc

The first lap starts on:

SATURDAY, 24 OCTOBER 2026 AT 14:00

A new lap starts exactly every full hour.

Therefore:

Lap	Start
1	Saturday 14:00
2	15:00
3	16:00
4	17:00
5	18:00
6	19:00

7	20:00
8	21:00
9	22:00
10	23:00
11	Sunday 00:00
12	01:00
13	02:00
14	02:00
15	03:00
16	04:00
17	05:00
18	06:00
19	07:00
20	08:00
21	09:00
22	10:00
…	…

For the current event concept, the intended final moment is:

FINAL LAP START: SUNDAY 25 OCTOBER – 14:00

OFFICIAL FINISH: SUNDAY 25 OCTOBER – 15:00

AWARDS CEREMONY: 15:30

The official race timetable published by the organizer takes precedence over any unofficial interpretation of the hourly schedule.

3. IMPORTANT: THIS IS NOT A CLASSIC BACKYARD ULTRA

Although the event is inspired by the Backyard Ultra format, the competition system is different.

In a traditional Backyard Ultra, the objective is generally to remain in the competition longer than the other runners.

At the **Koerich Backyard Trail**, the event is limited to **26 laps** and the competitive result is determined by the total running time.

➔ Speed matters.

Every round counts, and the time taken for each round will also be recorded. This means that participants not only have to successfully complete every round, but their speed is also an important factor.

At the end, the times from all 26 rounds will be added together. The participant who completes all rounds with the fastest overall time will be crowned the winner and honored accordingly.

A runner who finishes a lap in 42 minutes has more recovery time than a runner who finishes it in 57 minutes.

However, both runners must be ready at the official start line for the next lap.

4. THE 60-MINUTE RULE

This is one of the most important rules of the event. Every lap has a maximum time window of:

➔ 60 MINUTES

The next lap starts exactly one hour after the previous lap started.

For example:

Lap starts at 14:00

A runner finishes at:

14:42

The runner therefore has:

18 minutes recovery

The next lap starts at:

15:00

Another example

A runner finishes at:

14:57

The runner has only:

3 minutes recovery

The next lap still starts at:

15:00

DNF

If a runner has not reached the official finish/start area before the 60-minute period expires, the runner is:

DNF – DID NOT FINISH

- The runner may not start the next lap.
- There are no unofficial late starts.
- There is no waiting for a runner.
- The official race clock determines the start of every lap.

5. START PROCEDURE

All runners must be present in the designated starting area before the start of every lap. A countdown may be announced by the race organization.

The official start time is the full hour.

Example:

14:00:00 – Lap starts

15:00:00 – Next lap starts

Runners arriving after the official start time may not join the lap. A runner who is not ready in the next **5 Minutes**, when the lap starts is considered eliminated from the competition.

---

6. SOLO COMPETITION

The Solo category is for individual runners. A Solo runner must complete all required laps individually.

Every lap is timed.

The official Solo result is determined by the **combined running time of all completed competition laps**, provided the runner completes the complete 26-lap challenge.

The fastest overall time wins.

Example

Runner A:

- Lap 1: 42:15
- Lap 2: 41:52
- Lap 3: 43:01
- etc.

All official lap times are added together. The runner with the fastest valid cumulative time is ranked first.

7. DUO COMPETITION

A Duo consists of:

2 REGISTERED RUNNERS

The team must collectively complete all 25 laps. Only registered members of the team may run for that team. The team may divide the 25 laps however it wishes. There is no fixed rotation.

For example:

- Runner A: 12 laps
- Runner B: 14 laps

Or:

- Runner A: 15 laps
- Runner B: 11 laps

Or any other valid distribution. The team decides its own strategy. The rounds can also be completed consecutively, meaning that a different team member can run each round.

IMPORTANT

The team must ensure that the designated runner is ready for every assigned lap. Each team is responsible for ensuring that one of its team members completes every round. If a round is not completed or missed, the team will be classified as DNF (Did Not Finish).

It is also essential that the bib number is passed from one team member to the next after each completed round. This ensures that the time for every round can be properly recorded.

8. TRIO COMPETITION

A Trio consists of:

3 REGISTERED RUNNERS

The team must collectively complete all 25 laps. The 25 laps may be distributed freely between the three registered runners.

For example:

- Runner A: 8 laps
- Runner B: 9 laps
- Runner C: 9 laps

Or:

- Runner A: 12 laps
- Runner B: 8 laps
- Runner C: 6 laps

Or any other distribution. There are no mandatory rotations. The strategy belongs entirely to the team. The team must ensure that the designated runner is ready for every assigned lap. Each team is responsible for ensuring that one of its team members completes every round. If a round is not completed or missed, the team will be classified as DNF (Did Not Finish).

It is also essential that the bib number is passed from one team member to the next after each completed round. This ensures that the time for every round can be properly recorded.

The combined official time of all 26 laps determines the team ranking.

9. COURSE

The course starts in the historic courtyard of **Koerich Castle**. The route then leads into the natural environment.

Adress : Rue du Château, 8385 Koerich



Each lap is:

6.7 km

With approximately:

140 m+ elevation gain

The map :





GPX Data :

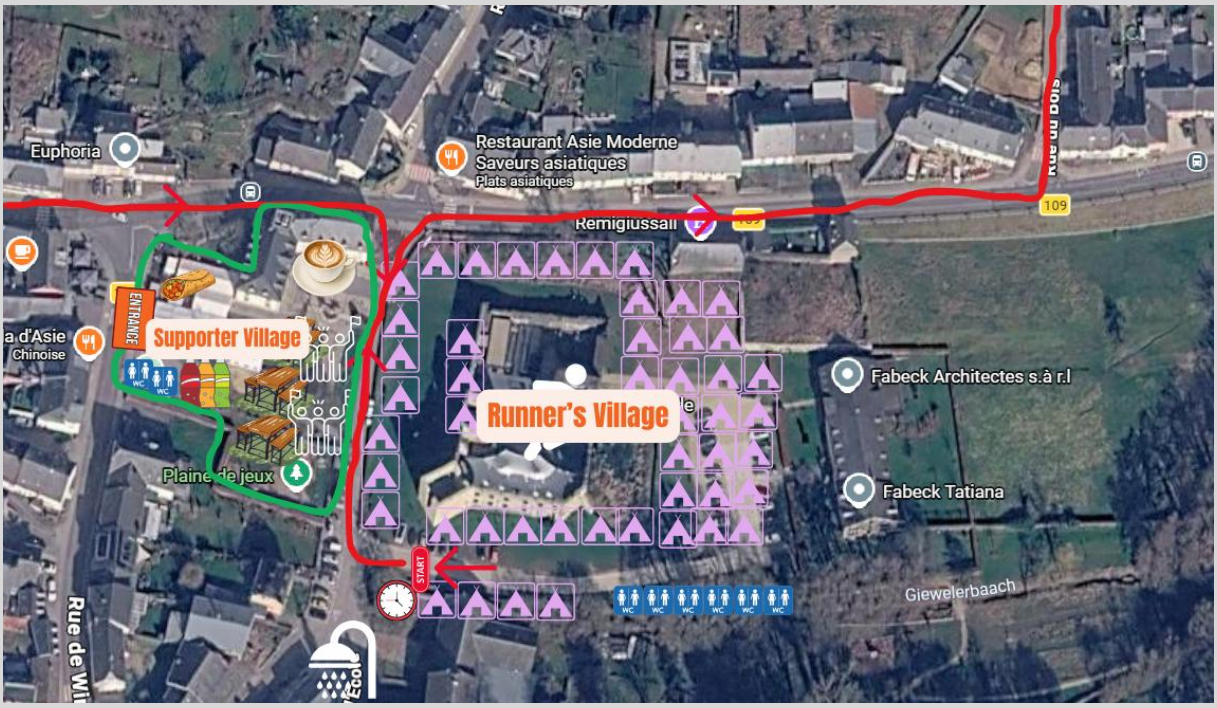
https://www.outdooractive.com/de/route/trailrunning/guttland/bcr-backyard/340533906/?share=%7E34yn3udx%244ossprgc

Trail conditions may change significantly between the first and final laps.

A course that is dry during the afternoon may become wet, muddy and slippery during the night.

COURSE MAP

MAP LEGEND



IMPORTANT:

Runners must follow all arrows, signs, tape, barriers and instructions from course marshals.

No runner may intentionally leave the marked course.

11. NO SHORTCUTS

Shortcuts are strictly prohibited. A runner must follow the complete marked course. Leaving the marked route intentionally in order to gain time or distance may result in:

- time penalty
- lap disqualification
- disqualification from the event
- loss of ranking

The race organization has the final decision regarding course violations.

12. TRAIL RESPECT & ZERO LITTERING

Koerich's forests and trails are part of the natural environment.

LEAVE NO TRACE

No runner may intentionally leave waste on the course.

This includes:

- **gel wrappers**
- **energy-bar wrappers**
- **bottles**
- **cups**
- **tissues**
- **packaging**
- **clothing**
- **food**
- **batteries**
- **any other personal waste.**



All waste must be carried to the designated waste areas or returned to the runner's camp. Dropping litter on the course may result in a penalty or disqualification.

TAKE NOTHING. LEAVE NOTHING.

Please respect:

- **forests**
- **wildlife**
- **private property**
- **agricultural land**
- **other trail users**
- **local residents**
- **volunteers**
- **the historic castle**



13. RESPECT OTHER TRAIL USERS

The course may cross or share areas used by hikers, walkers, residents or other users. The event does not give runners permission to behave aggressively or dangerously toward other people.



A faster runner may politely ask to pass.

The slower runner should allow the faster runner to pass when it is safe to do so. The slower runner should allow the faster runner to pass on his left side !!!!

Trail-Running Sticks are not allowed !

14. PERSONAL RESPONSIBILITY



Every participant takes part voluntarily and accepts the physical and environmental demands of trail running. Each participant is responsible for assessing whether they are physically and mentally capable of completing the event.

Participants should be adequately prepared for:

- **prolonged running**
- **night running**
- **cold temperatures**
- **rain**
- **mud**
- **slippery terrain**
- **steep climbs**

- **technical descents**
- **fatigue**
- **sleep deprivation**
- **changing weather**

Participation is at the participant's own risk, subject to applicable law and the organizer's legal obligations.

The organizer cannot guarantee that the course will remain in exactly the same condition throughout the 24-hour event.

15. HEALTH & MEDICAL SAFETY

Participants **must immediately inform** the race organization if they experience:

- **chest pain**
- **severe dizziness**
- **confusion**
- **unusual shortness of breath**
- **severe weakness**
- **loss of coordination**
- **suspected injury**
- **hypothermia**
- **heat-related symptoms**
- **any other serious medical problem**



A participant may be stopped from continuing if race officials or medical personnel consider continued participation unsafe.

NEVER IGNORE A MEDICAL EMERGENCY

If you see another runner in serious difficulty:



1. **Stop if it is safe to do so.**
2. **Stay with the person if necessary.**
3. **Contact the race organization. (+352621462877/+352691316022) or (112)**
4. **Give the exact location if possible.**
5. **Follow instructions from the medical/race team.**

Helping another participant in an emergency is more important than gaining a few seconds.

16. EMERGENCY PROCEDURE

If an **emergency occurs on the course, runners must follow instructions** from:

- **race officials**

- **medical personnel**
- **police/SAMU**
- **emergency services**

The race organization may:

- **stop an individual runner**
- **neutralize part of the course**
- **modify the course**
- **delay a start**
- **stop a lap**
- **stop the entire event**

Such decisions may be made for safety reasons. The decision of the race director regarding safety is final.

17. WEATHER

The event takes place **outdoors** in October.

Participants must be prepared for potentially:

- **cold temperatures**
- **rain**
- **wind**
- **mud**
- **fog**
- **darkness**
- **slippery surfaces**

The race organization reserves the right to alter, shorten, neutralize, postpone or cancel part of the event if conditions create an unacceptable safety risk.

Participants must respect all instructions concerning weather and course conditions.

18. NIGHT RUNNING

The event continues through the night. Every runner must be adequately equipped for darkness.

A functioning:

HEADLAMP



Is strongly recommended and may be required by the race organization during periods of darkness.

Participants should carry or have immediately available:

- **spare batteries**
- **backup light**
- **reflective elements**
- **warm clothing**

19. EQUIPMENT

Each participant is responsible for arriving with suitable equipment.

Recommended equipment includes:

RUNNING

- **trail running shoes**
- **suitable socks**
- **technical running clothes**
- **spare shoes**
- **spare socks**
- **rain jacket**
- **warm layers**
- **gloves**
- **hat/beanie**
- **headlamp !**
- **backup light !**
- **Running Poles are not allowed !**

NUTRITION

- **water**
- **electrolyte drinks**
- **gels**
- **energy bars**
- **fruit**
- **easily digestible food**
- **salty food**

CAMP

- **chair**
- **table**
- **warm clothing**
- **blankets**
- **towels**
- **power bank**
- **charging cables**
- **personal hygiene items**
- **rubbish bags**

- **NO Fire**
- **tent 3*3M.**
- **NO CARS and NO CAMPERS**

20. CAMP & TENT REGULATIONS

Participants may establish a personal/team camp. There is no electricity. (No power generators are allowed)

MAXIMUM TENT SIZE

3 m × 3 m



This applies to the permitted event tent/party tent. **NO CARS OR CAMPERS ALLOWED !!! Only 3 Assistance allowed for each solo Runner and each TEAM. The organizer may assign specific camping locations. You will get a number with your location in the runner's village.**

SOLO

1 Solo runner:

1 tent up to 3 × 3 m

DUO

2 runners:

1 tent up to 3 × 3 m

TRIO

3 runners:

1 tent up to 3 × 3 m

Additional tents are not permitted where they exceed the allocated camping arrangement. **The organizer may assign specific camping locations.**

Participants must keep their area clean and must not obstruct:

- **emergency routes**
- **access roads**
- **participant circulation**
- **other camps**
- **race infrastructure**

21. DOSSARD COLLECTION

Dossard collection takes place on:

FRIDAY, 23 OCTOBER 2026

14:00–20:00

SATURDAY, 23 OCTOBER 2026



10 :00-12 :00

Where ? Big tent in front of the municipality.

Participants may collect their race number during this period. The race number must be worn in front of your shirt. **There is a deposit on the Bip Number, so please bring 10€ CASH with you for the deposit.**

22. ARRIVAL & CAMP SET-UP

Camping/set-up may begin from:

FRIDAY 23 OCTOBER – 14:00

Participants may arrive and prepare **their designated camp**.

On:

SATURDAY 24 OCTOBER

Participants may arrive from:

10:00 – 12 :00



Final preparation is permitted until:

After 12:00, preparation activities must be completed.

This period is intended to allow runners to:

- **prepare equipment**
- **organize food and drinks**
- **prepare clothing**
- **test lights**
- **check race equipment**
- **prepare the camp**
- **familiarize themselves with the start/finish area**

23. RACE DAY

SATURDAY – 24 OCTOBER 2026

13 :45 BRIEFING (IMPORTANT)
14:00 Official race start

24. FINAL DAY

SUNDAY – 25 OCTOBER 2026

The final scheduled lap begins at:

14:00

The final lap ends at:

15:00

After the final lap: **15:00 – OFFICIAL RACE FINISH**

25. AWARDS CEREMONY

SUNDAY, 25 OCTOBER 2026

15:30 🏆 AWARDS CEREMONY

Awards will be presented to the official category winners according to the final results.

Categories may include:

- Solo (Top 3)
- Duo (Top 3 Teams)
- Trio (Top 3 Teams)

26. RACE TIMING

Every lap is individually timed.

The official timing system determines:

- **start time**
- **finish time**
- **lap duration**
- **completed laps**
- **cumulative time**
- **final classification**

The timing system operated by **ART TIMING** is the official race record.

Any discrepancy must be reported to the race organization as soon as possible.

27. VOLUNTARY WITHDRAWAL

A participant may voluntarily stop at any time. If a runner decides to stop, they must inform the race organization or timing officials. A participant must not simply disappear from the event without informing the organization. This is particularly important during the night because the organization needs to know which participants are still on the course.

28. ASSISTANCE

The runners are entitled to have assistance staff with them. The number of assistance staff is limited to **3 people per solo-runner and per team-runner**. That means that a team-runner is only allowed to bring 3 people, not more. If you invite three friends, but also want your partner to join you in the Runner's Village, unfortunately, that won't be possible. You have to choose which three guests you would like to bring. Children of the invited family are allowed to join.

29. PROHIBITED ACTIONS

The following may lead to penalties or disqualification:

- **taking shortcuts**
- **intentionally leaving the course**
- **littering**
- **exchanging a race number**
- **receiving unauthorized outside assistance**
- **using unauthorized transportation**
- **starting a lap late**
- **failing to complete a lap**
- **deliberately obstructing another runner**
- **aggressive or abusive behavior**
- **disrespect toward volunteers**
- **disrespect toward local residents**
- **damaging property**
- **damaging the natural environment**
- **ignoring safety instructions**
- **refusing instructions from race officials**
- **cheating or manipulating timing equipment**



The race director has the authority to determine the appropriate sanction.

30. VOLUNTEERS

Volunteers are an essential part of the event.

Please treat every volunteer with respect.

They are there to:

- **guide runners**
- **support the event**
- **monitor the course**
- **provide information**
- **help with safety**
- **assist during emergencies**

Abusive, threatening or disrespectful behavior toward volunteers will not be tolerated.

31. RESPECT KOERICH

The event takes place in and around the community of Koerich.

Participants are guests of the village.

Please respect:

- **residents**
- **local traffic**
- **public spaces**
- **the castle**
- **forests**
- **paths**
- **private property**
- **local regulations**

Keep noise under control, particularly during the night.

32. PERSONAL BELONGINGS

Participants are responsible for their personal belongings.

The organizer is not responsible for lost, damaged or stolen personal equipment except where liability is imposed by applicable law.

Do not leave valuables unattended.

33. PHOTOGRAPHY & MEDIA

Participants may be photographed or filmed during the event.

By participating, runners acknowledge that event photography and video may be used for event communication, documentation and promotional purposes, subject to applicable privacy and data-protection law and the information provided by the organizer.

34. QUICK RUNNER CHECKLIST

Before the start, make sure you have:

- **Dossard**
- **Trail shoes**
- **Spare shoes**
- **Spare socks**
- **Running clothes**
- **Warm clothes**

- **Rain jacket**
- **Headlamp**
- **Backup light**
- **Batteries / power bank**
- **Water**
- **Electrolytes**
- **Food**
- **Personal medication if required**
- **Anti-chafing protection**
- **Blister protection**
- **Towel**
- **Personal hygiene items**
- **Rubbish bags**
- **Tent/camp equipment**
- **Chair**
- **Phone**
- **Charging cable**
- **…**

35. Showers and toilets :

Showers will be available at the sports hall in Koerich **after the race**. (Saturday from 14 :00 to 20 :00 and Sunday from 8 :00 to 16 :00.)
In the Runner's Village are some toilets, please treat them with respect.

Showers : Hall sportif Koerich (Google maps) Only runners with a wristband are allowed taking a shower.

---

37. EVENT SCHEDULE – AT A GLANCE

FRIDAY · 23 OCTOBER

14:00
Dossard collection opens

14:00
Camp/tent set-up opens

20:00
Dossard collection closes

SATURDAY · 24 OCTOBER

10:00
Participant arrival / preparation

12:00
Preparation period closes

13 :45
Race Briefing

14:00
🏁 RACE START

SUNDAY · 25 OCTOBER

14:00
🏁 FINAL LAP

15:00
🏆 OFFICIAL RACE FINISH

15 :30
🥇 AWARDS CEREMONY

---

38. FINAL MESSAGE TO OUR RUNNERS

You are not just coming to run a race.

You are coming to be part of something new.

The first 24H Backyard Trail in Luxembourg.

You will run through the forests of Koerich.

You will climb.

You will descend.

You will get muddy.

You will get tired.

You will run in daylight.

You may run in darkness.

You will return to the castle.

And then, one hour later...

you will do it again.

Whether you run one lap or all.

YOU ARE PART OF THE BACKYARD.

Run smart.

Run safe.

Respect the trail.

Respect each other.

And most importantly:

ENJOY THE RUN.

39. Parking and deloading material

Parking spaces are available at the **sports hall and the school**, as well as in the residential areas around the course. Parking spaces are marked with signs. Please follow the rules of the road. Thank you!

The unloading of your equipment and materials should take place on **Friday between 14:00 and 20:00** and **Saturday between 10 :00 and 11 :30.**

After unloading, please use the designated parking areas.

40. Publicity

Unauthorized advertising or promotion of products, beverages, merchandise, or other commercial items is not permitted at this event. Thank you.

41. Sponsors



THANK YOU !