



A.S.D. Vegan Power Team  
Circonvallazione Gianicolense, 78 - 00152 Roma (RM)  
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The ASD Vegan Power Team, under the patronage of the Municipality of Subiaco and the Monti Simbruini Regional Natural Park, is organizing the second edition of the "Backyard Ultra Livata."

The "Backyard Ultra Livata" is a **non-competitive** running race with free registration, but participants must have a medical certificate suitable for competitive sports valid as of May 30, 2026, and valid for the entire race (for foreign participants, the certificate may be replaced by signing a liability waiver form). The race varies in length and takes place on a 6.706 km circuit in the setting of Mount Livata (RM).

The start date is set for Saturday, May 30, 2025, at 10:00 a.m. from the CROSS-COUNTRY SKI TRAIL ADJACENT TO PIAZZALE CAMPO DELL'OSSO 6 – MOUNT LIVATA – SUBIACO (RM) (time and location to be confirmed).

The race format is very simple:

At 10:00 a.m. on Saturday, May 30, 2026, the race will start on the 6.706 km circuit. The time limit to complete the lap is 60 minutes.

At 11:00 a.m., all participants who have completed the first lap in 60 minutes will set off for another lap, also to be completed in 60 minutes.

The same will happen at 12:00 p.m., 1:00 p.m., 2:00 p.m., and so on until only one participant remains in the race capable of completing the lap within the allotted 60 minutes.

Three minutes before the start, a whistle will sound the time remaining until the start of the next lap, and the same will be done at two minutes and one minute to indicate the start time. On the hour, a bell will ring to signal the start of the next lap.

Participants who are not present in the starting area (also known as the corral) at the start of the new lap will not be able to participate in the race. Latecomers will not be admitted.

If no athlete is able to complete the final lap, there will be no winner (two winners are not permitted).

Given the nature of the race, there is no distinction between men and women, and therefore only one winner will be declared (there will be no official ranking, only an order based on laps/km completed).

The race will take place in all weather conditions and will end when the last athlete remaining has completed the final lap in time (do not book your return trip in advance).

This will be the sole winner and will be awarded a trophy and a commemorative jersey, which they will be the sole owner of.

The course is not fully lit, so it is mandatory to carry a headlamp for the night portion.

The race is completely self-sufficient, and competitors must provide for their own needs. The organization, in accordance with international regulations, is obligated to provide water and nothing else. However, given the nature of the organizing association, plant-based refreshments will be provided for athletes only.

A support crew is permitted, but only in the start/finish area. Under no circumstances may anyone (especially not an athlete who has finished their race) accompany the athlete on the course, under penalty of disqualification. Once the lap has begun, the athlete may not contact their crew or leave the race course.

[1] The organization reserves the right not to accept registrations without having to give explanations for its decision.



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Likewise, if an athlete is discovered (tips from competitors are permitted) to be engaging in inappropriate behavior (cutting the course, using means other than their own legs, or engaging in offensive behavior toward the race officials or other athletes), they will be immediately disqualified. Any type of external assistance, such as trekking poles, is not permitted.

To reduce the environmental impact of the race, the organizers will NOT provide cutlery, glasses, or plates. Athletes (and crews) must provide their own, preferring reusable materials to reduce waste. The organizers will provide drinking water throughout the race.

It is forbidden to leave excrement or any other waste along the route, under penalty of immediate exclusion from the race. The use of speakers is not permitted.

Sleeping on the race course is not permitted on the evening of May 29th. The race course will open and bib collection will begin at 10:00 AM on May 29th.

Each athlete is responsible for themselves and their own physical and mental health. The race official reserves the right to withdraw a competitor from the race if they deem their condition to be dangerous to the athlete's health. In any case, medical assistance will be guaranteed, including an ambulance equipped with a defibrillator. By registering for the Backyard Ultra Livata, the athlete declares that they fully understand and unconditionally accept these rules and that they are aware that participating in the Backyard Ultra Livata and/or sporting events in general is potentially risky. The athlete also declares that they assume all risks arising from their participation in the event: falls, contact with vehicles, other participants, spectators, or others, weather conditions, traffic, and road conditions, and any other known and assessed risk. By submitting the online registration form, the athlete releases and releases the Organizers and the promoting entities from all present and future claims or liabilities of any kind, as well as for damages to persons and/or property, known or unknown, resulting from their participation in the event. Furthermore, by submitting the online registration form, the competitor declares that they are not aware of any previous medical conditions or injuries that could put them at risk during the event.

To attract a greater number of athletes to this relatively new race format, the registration fee will be divided based on the number of laps the competitor believes they are capable of running. Naturally, once a category has been chosen, it will not be possible to change it during the race.

Participants who are not yet 18 years of age on the day of the race (i.e., those who have not yet turned 18) may not register.

The cost for participation in the second edition of the "Backyard Ultra Livata" is as follows:

- Endless loops - € 60,00 till 31/Aug/2025, (€70,00 from 01/Sep/2025 to 24/May/2026).
- 15 loops - 100,5km - € 45,00 till 31/Aug/2025, (€60,00 from 01/Sep/2025 to 24/May/2026).
- 7 loops – 47km marathon - €30,00 till 31/Aug/2025,(€45,00 from 01/Sep/2025 to 24/May/2026).

Participants with a personal best of 40 to 50 laps will receive a 25% discount, those with a personal best of 51 to 60 laps will receive a 50% discount, and those with a personal best of more than 60 laps will receive free registration.

The registration deadline is May 24, 2026. After this date, athletes will be admitted only if the organization deems there is sufficient space to admit additional participants, and only at a cost of €100. Registration will close once the number of registered participants reaches 200 (the organization reserves the right to admit additional competitors beyond the 200 already registered).[1]

[1] The organization reserves the right not to accept registrations without having to give explanations for its decision.



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Registration must be completed using the form available at the following link:  
<https://forms.gle/CWw1pzmjV5EhQTh4A>

Providing all the required information, choosing the laps you wish to complete, and attaching a copy of the payment via bank transfer to:

Vegan Power Team ASD

IBAN: IT66Y0501803200000016784654

Institution Name: Banca Etica

Reason for payment: Name / Surname - Backyard Livata 2026 Registration

Registration will be confirmed upon receipt of payment.

Under no circumstances the athlete may request a refund of the registration fee; if unable to participate, they may request a name change or a postponement to the following year's edition before April 30, 2026. If the following year's edition is not held, no refund will be provided.

If the race is canceled for any reason beyond the control of the organization, your registration will be transferred to the next edition.

By registering, you authorize the organization to use your images in videos, photos, articles, TV programs, newspapers, social media, magazines, websites, or flyers during the event or to promote upcoming Livata Ultra Backyard events.