



Welcome to the CONQUER! This guide will help you navigate check-in, the course, crew info and more!

❖ THE RACE

If you're getting this guide, you're one of the brave souls who've signed up for the Conquer Backyard Ultra at Amicalola Falls State Park, Georgia. Designed by Jeff Leininger, the madman that thought running up the stairs of the falls every hour and only having one winner was a good idea.

The race is put on by Warrior Ultras and we are here to support you every step of the way. This race will be an amazing journey for both of us, and we hope your training goes well to prepare for this incredible experience.

❖ DESCRIPTION

For the last two events we have received many concept ideas from runners about our unique event and have decided to change the way the funds are given out. During the last two events, only 13 women have attempted the Conquer, so to encourage more women to run this amazing, challenging course we have a separate division for women. Prize money will be based on how many of the same sex registers for the event.

Example: If 50 women sign-up (not just show up) the \$5,000 goes to the last woman standing.

If 100 men sign-up (not just show up) the \$10,000 goes to the last man standing.

The loop starts at the top of the hour, and each runner will have 1 hour to complete the 3.85 mile loop every hour until only one person remains. There is only one winner, and everyone else will be DNW or Did Not Win.



❖ SCHEDULE AND CHECK-IN

PACKAGE PICKUP

Check-in starts on Saturday Dec 6th, 2025 at 7:00am. Look for the check-in flags and tent.

Amicalola Falls State Park (Top of the Falls parking lot) Gates open at 5:00am.

418 Amicalola Falls State Park Rd, Dawsonville, GA 30534

We **STRONGLY ENCOURAGE** to package pick-up early and don't miss the Mandatory pre-race meeting at 7:45am. The race start is 8:00am sharp.

RACE START

Amicalola Falls State Park (Hike Inn parking lot)

8:00am SHARP Start which all runners must be in the starting corral. The start gate will only be open for 1 minute, so after 8:01am you are DNW (did not win) or out of the event.

All runners must always have their bib number on the front and carry the \$100 bill which will be provided at check-in.

CONQUER Parking and Crew Plan



❖ CREW SET-UP AND RACER STATION

THERE ARE TWO OPTIONS FOR RUNNERS AT THIS EVENT. CREW OR NO-CREW. PLEASE EMAIL US TO LET US AT INFO@ARGEORGIA.COM KNOW IF YOU NEED TO RESERVE SPACE IN THE RACER STATION.

CREW AREA

Support crews are welcome and there are 16 spaces available at the upper start parking area. Only one vehicle per runner in the crew area and this is “first come first serve” process. There is more room for tents than vehicles, so your crew may need to unload in the crew area and then park up at the overflow parking area. Tents may not be any larger than a 10X10 and must be placed directly next to another crew’s tent. Connecting them will help by protecting them from the wind and provide the most space for more tents. The overflow crew area is 50 yards from the finish, so if you plan to stop during your lap to rest and see your crew, please watch the clock. There will be a race clock visible from the crew parking area. You may finish your lap and then walk back down to the crew area to rest. The rules still apply to be at the start before the next lap. As the racers begin to drop and we are down to the final 10-15 runners, crews can relocate up to the (Racer Station) starting area as directed by staff.

RACER STATION

The Racer Station will be large tents set up by Warrior Ultras in which runners without crews may stage the items needed to complete the event. This will be a 3’X 3’ section on a 6ft table and space under the table for a small tote or cooler. Space for a chair to sit in, however please remember there are other runners using the same shared space. Water, Gatorade, Sodas, Fruit, and snacks will be located here and provided by race staff. Runners will be assigned a number at check-in and there will be numbers on the tables that match your race bib number.

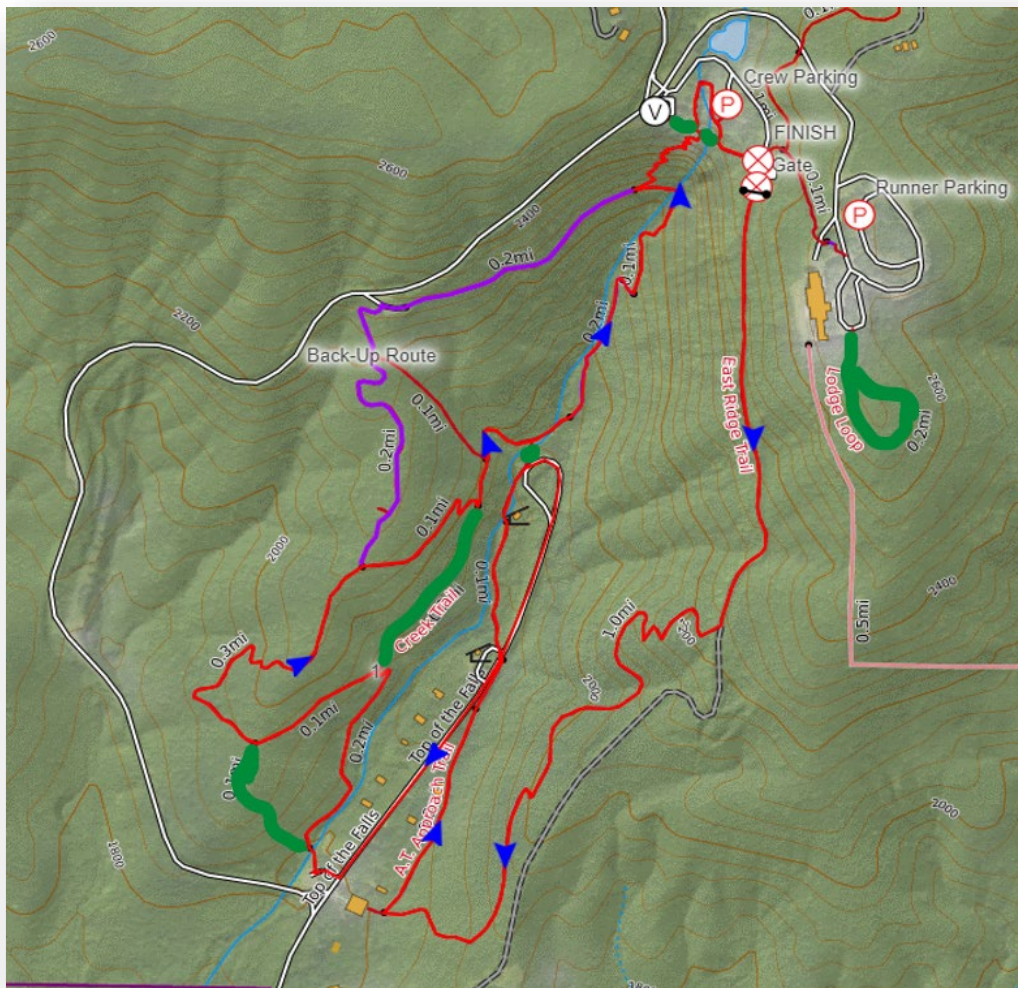


❖ THE COURSE

100% marked course. All runners must stay on course for each lap or risk disqualification. Warrior prides itself on well-marked courses for our ultras, however it is still your responsibility to know the course. You will see our red reflective flagging all along the course, with three flags leading you in the right direction. Signs will be placed at all major intersections and some “wrong way” signs placed to make sure there are no mistakes. The sign and flagging are reflective, so keep your head up and look.



The course starts at the gate to the East Ridge Trail from the top of the falls. Running downhill on the East Ridge Trail to the Visitor's Center. Run on AT Approach Trail (North) to then run on the Top of the Falls Road. Run on the road to the Reflecting Pool and then pick back up the AT Approach Trail (South) to the Top of the Falls Road again. Running South on the road to the Creek Trailhead. Using the Creek Trail to access the Mountain Laurel Loop Trail which leads you back down to the Reflecting Pool and the AT Approach Trail. From here runners will continue up the famous AT Approach Trail stairs to the top of the falls and then around the upper (crew) parking lot to the finish.



❖ EVENT RULES

- ❖ Each runner must carry their 100-dollar bill (provided at the start) the entire time and surrender it if they drop out of the race.
- ❖ All runners need to be present at check-in least 30 minutes before the start of the race. The official race starts at 8:00 AM therefore all participants shall be present to listen to the race rules by 7:45 AM.
- ❖ At 3 minutes, before the top of each hour a bell will ring notifying the runners how much time is left before the race starts. This is the only time warning provided. All runners are required to be in the starting corral before the top of the hour and failure to line up in the starting corral will result in disqualification of the runner. The starting gate will only remain open for 1 minute after the loop starts and after that time the gate will close and any runner that did not go through the gate is DNW. If you must tend to a pressing need (porta potty break, untied shoe, forgot a water bottle, etc.), do this after the top of the hour, after you have run out of the starting corral. Absolutely NO late starts will be allowed.
- ❖ The Race Director is the official keeper of time. Do not assume you know what the “official” race time is. Pay attention to the voice time of the race director and the race clocks. Each runner is required to run this entire loop before the hour (60 minutes) is over. Failure to complete the loop within 60 minutes (or the race clock time) will result in disqualification. The time needed to complete the loop does not matter, only that the runner be back at the start before the hour expires. Upon successful completion of the loop, all runners are considered “tied”. Speed does not matter in this event.
- ❖ After completing the 3.75 mile loop, each runner may use their time between loops to do as they please (eat, tend to their feet, change clothes, use the port-a-potty, etc.) However, runners cannot leave the venue, nor can they start their next loop early. You are even allowed to nap during your “break” between loops. If the runner elects to sleep, it is their own responsibility to be awake before the next loop starts. Yes, a crew member can wake the runner up, just not from our staff.
- ❖ If a runner elects to drop out and call it quits, he/she must present themselves to the Race Staff BEFORE the next loop has started. At that time the runner will relinquish the \$100 bill and receive their “DNW” medal from the runner’s board to then be removed from the race roster.
- ❖ You may not just use the restroom anywhere. We ask that you abide by “Leave No Trace” principles. Please use our portable toilets, or campground toilets. Anyone who does not follow these rules will be disqualified. We have a no tolerance policy for poo or wipes left on the loose! If for any reason there is an emergency to use the restrooms during the loop, you must enter back on the loop exactly where you exited. Be careful, because this could be subject to disqualification by staff.
- ❖ If you allow your crew to violate any of the following rules, you will be disqualified.
- ❖ Littering by leaving garbage, toilet paper, wipes, waste, or other trash will not be tolerated. Garbage and other waste may only be left in trash receptacles and must be carried by runners.
- ❖ No pacers are allowed; however support crews can provide help at the finish or crew areas only. No other type of support is allowed outside the crew and finish areas, so this means no drops or stashes of any kind on the loop.
- ❖ There will be “live” cameras on the loop during the race and any runner that fails to run in the view of these set cameras is off the course and subject to disqualification.
- ❖ The run will continue as such every hour until only two runners remain. When one of those two runners fails to complete the loop within an hour or fails to present themselves in the starting corral before the top of the hour, the one remaining runner will then have to complete one more loop on their own at which point they will be the sole “finisher”. All other entrants will be granted a “DNW” as they failed to run as far as the finisher. It is the last person that drops out that dictates the length of this race. The last person to drop out is granted with the “assist”, as they determined the length of the race. The event is officially over when the lone “finisher” (our sole survivor) completes his solo lap alone. The finisher is not allowed to continue for additional solo laps beyond this last one. Winner of \$10,000.
- ❖ Warrior reserves the right to cancel the run in the event of: Extreme weather during the event, extreme fire danger, pandemic, or other extreme conditions. In the case of cancellation, run entries will not be refunded.

❖ RULES OF CONDUCT

- ❖ **Sportsmanship/Respect**
 - We require that all runners treat the trails, our volunteers, and other runners and trail users with respect and kindness.
 - The park will have other visitors during this event, and they may be on the trails, so be courteous to all.
 - Poor sportsmanship and disrespect for our volunteers or other trail users can be grounds for disqualification.
- ❖ **Runner Gear**
 - Runners must carry their own mandatory and recommended gear during the run. Mandatory Gear checks will be conducted randomly during the event.
 - Runners who do not have the mandatory gear during each loop will be disqualified. Bib and \$100 bill.

❖ **Medical Disqualification**

- Any runner requiring an IV during the event is automatically disqualified. IVs are not allowed for runners in the event. Any runner requiring the use of emergency medical service (EMS) or search and rescue (SAR) is automatically disqualified. Any runner refusing the advice of SAR or EMS is automatically disqualified.

❖ **Course Route**

- Runners must follow the assigned course.
- No cutting of the course in any way
- Warrior may change the course for runner safety, possibly mid race if weather or conditions dictate it.

❖ **Progress on the Course**

- Runners must complete the entire course on foot, without the aid of motors, bikes, or any other mechanized or non-mechanized aid.
- Runners are not allowed to ride in cars or take other means of transportation at any time other than their own human power. Runners may sleep in crew cars at crew areas, just not be transported.

❖ **Full Disqualification (DQ)**

Runners and their crew are expected to act in a way that maintains and enhances the reputation of the event. DQ is at the discretion of the Warrior and will be made after careful consideration of facts.

DQ is very rare but may be given if a runner, their crew:

1. Blatantly breaks any rule of the run.
2. Breaks the law.
3. Endangers anyone in the run.
4. Endangers any other citizens or trail user.
5. Endangers the Run's permitting.
6. Cheats in any form
7. Contacts crew at an aid station after its cut off time.
8. Contacts crew anywhere between a loop other than the finish or crew areas.
9. Has crew leave items left for the runner anywhere along the course.
10. Takes outside aid during the loop outside the finish or crew areas.
11. Refuses to drop from the run when directed (may also result in being banned from other runs.)
12. Skips part of the course

❖ **Responsibility for Crew and Pacers**

- Lastly, and most importantly, a runner is 100% responsible for their CREW and the way the crew acts. Most common issues are crew leaving trash, food, feces, or toilet paper, parking with blocking road/emergency access or access of other trail users, crewing a runner outside of aid stations or at no-crew locations, or not following Leave No Trace rules.
- Runners' responsibilities include educating your crew carefully and choosing them even more carefully. They will represent you and thus represent the entire event. The way your crew interacts with and treats our volunteers, staff, locals and other trail users is important. We expect only the most professional, kind, and courteous crew.
- Please note that neither crew is mandatory nor needed to complete this event. We believe a runner could successfully complete the event without a crew.

❖ **SUGGESTED ITEMS TO BRING**

1. Camp chair
2. Warm jacket to wear between laps.
3. Sleeping bag or blankets to sit in during laps.
4. Spare shoes
5. Rain gear
6. Cooler
7. Trekking Poles

If you have any other questions, please email us at info@warriorraces.com

WARRIOR