



2023 Double Chubb Runner's Guide

Double Chubb 8M, 25K & 50K Trail Runs

Date: Saturday, April 15, 2023

Start Time: 7:30 AM

Location: West Tyson County Park 131 N. Outer Rd East, Eureka, Missouri 63025 from I-270, take I-44 west for 7 miles to the Lewis Road exit 266. At the Lewis Road exit, make a right turn (north). The park entrance is on your right immediately after the exit. Start area is near the entry gate to the park.

Parking: Parking will be available on the N. Outer Rd East. Parking in the park is available for race personnel, vendors, and timing companies only. Carpooling is highly suggested.

Course: The race is run on the popular Chubb trail beginning from West Tyson County Park and traversing to just past the Lone Elk park entrance at the truck turn around. The 25k will do one out & back and the 50k will do two. The 8-mile race is new in 2023 and is intended to welcome new trail runners. The 8-mile race will head out on the same course with the 25/50K and is essentially a four mile out & back. A limited number of 8-mile spots will be available to preserve the same number of 25K/50K slots as in prior years. The trail itself varies from a gravel service road, to a mostly dirt trail along the Meramec River, to a mile-long series of climbs, to finally a rolling trail that winds through the hills of the Meramec River. There are no stream crossings and there are some hills. If the Meramec River is well above flood stage then the race will be rerouted. There are two railroad crossings and extreme caution must be taken because the trains come through this area at a high rate of speed. Runners may see deer, turkey and other wildlife throughout this trail run.

The trail is considered a public trail and runners may encounter hikers and other non-racers. Please be courteous to those you are sharing the trail with.

Packet pick-up: Packet pick-up will be at Fleet Feet, Des Peres location-11731 Manchester Rd, Des Peres, MO 63131 on Friday, April 14, 2023 from 4:00 PM to 7:00 PM. Packet Pickup will also be available on race morning from 6:30am to 7:15am at the entrance to the park and start line area.

SWAG: Each participant will receive a knit beanie cap and a pair of running gloves.

Cutoffs: There is a 9 hour time limit for the 25K and 50K races. 50K runners must complete their first loop by 11:30AM (4 hours) to be allowed to continue for the second 25K loop.

Awards: Medals will be awarded to the 50K, 25K and 8M finishers. Awards go to the first finisher in each of the following groups: female overall open and overall master's age group (40+) and male overall open and overall master's age group (40+).

Course marking: The course will be well marked with pink flagging and signs.

Aid stations: Aid stations and toilets will be located throughout the course approximately every 5 miles. Aid stations will have standard ultra food (bananas, pretzels, potatoes, chips, water, etc.). We will also have Long Haul Ultra Sports Nutrition. Make sure to bring your own water bottle or hydration pack to refill at aid stations.

Drop Bags: We will have a tarp laid out at the Start/Finish Aid Station for you to place your drop bags on. It is about a ½ mile from the parking area to the drop bag location so please make sure you give yourself enough time to walk back and forth. It is a good idea to put your NAME and RACE NUMBER on all drop bags. PLEASE NOTE: All drop bags MUST be picked up before leaving the race. All unclaimed items will be donated to charity.

Post-race food: In the morning we will have donuts, bagels and cream cheese. As the day progresses we'll move to hamburgers, bratwurst, hot dogs, and grilled cheeses will be served after the race so please hang out and cheer on your fellow runners while they finish the run.

Bib Transfers: If for some reason you are unable to run, no one else can run with your bib number. Please let a race director know and we'll accommodate your situation as best we can.

Running with a bib number that is not assigned to you will get you removed from future SLUG events.

Additional race rules:

- All runners must carry at least one water bottle. This is a cupless race.

- All runners must wear assigned race numbers. It is the runner's responsibility to ensure his/her race number is recorded at all aid stations.
- At no time may a runner ride in or on a vehicle of any kind. Violators will be disqualified. If you get off the course, you must return by foot to the point at which you left the trail.
- Please do not litter on the course. Violators will be subject to disqualification.
- If you drop out of the race, make sure that you notify the aid station captain. They will notify race headquarters
- In the event Search and Rescue is called to search for a runner, the runner will be responsible for all costs associated with such search.

Medical: Each runner is responsible for their own actions. It is crucial that you are physically and mentally prepared for the stresses of the race. We will utilize the local EMS services in case of a medical emergency. Medical expenses incurred are the responsibility of the runner receiving medical assistance/services. The remoteness of the trail and the distance between trail/road crossings will result in a substantial amount of time before medical personnel arrive to provide assistance. It is important for runners to recognize the potential physical and mental stresses that may evolve from participation in this race. These include, but are not limited to: extreme temperatures of heat and cold, hypothermia, dehydration, hyponatremia, renal failure, seizures, hypoglycemia, disorientation, total mental and physical exhaustion, etc. Each participant must continuously monitor himself/herself and understand their limitations. Remember that YOU, the runner, are responsible for your own well-being during the race.

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